

6 Types of Magnesium

Choose the right form of magnesium based on your needs. Most people tend to be depleted of magnesium and need to take daily supplements just to maintain normal serum levels. A recommended standard low dose starts at 200 mg per day but some people may need as high as 1000 mg per day.

1. Constipation?

Try: Magnesium Citrate

This form is easily absorbed by the digestive tract and has a natural laxative effect—ideal if you tend to have constipation or not getting enough fiber. At very high doses may cause gut distress and will need to decrease your dose accordingly. This is the most common form taken on a daily basis as a supplement.

2. Feeling Stressed or Not Sleeping Well?

Try: Magnesium Glycinate

Known for its calming properties, this form supports relaxation, better sleep, and may help improve your mood. Ideal for those needing extra magnesium and with normal bowel movements or may improve those who tend to have too soft or loose stools.

3. Muscle Pain or Stiffness?

Try: Magnesium Malate

This form can help reduce muscle soreness and fatigue—great if you're staying active. Magnesium malate is also more effective for general heart health by supporting muscle function. It is the go to choice for those dealing with extreme forms of fatigue such as myalgic encephalomyelitis/ chronic fatigue syndrome (ME/CFS).

4. Digestive Upset from Travel or Stress?

Try: Magnesium Oxide

This type may help relieve indigestion and heartburn, especially when routine or meals are disrupted. Magnesium oxide is the least expensive form of magnesium however it does cause the most gut distress. It is not as well tolerated as a daily supplement as the other forms of magnesium.

5. Focusing on Heart Health?

Try: Magnesium Taurate

Shown in studies to support healthy blood pressure and cardiovascular function.

6. Need a Brain Boost?

Try: Magnesium L-Threonate

This form is known to cross the blood-brain barrier and may enhance memory, cognition, and alertness—perfect for staying mentally sharp. It is the only form of magnesium known to cross the blood brain barrier.

Wellness Tip:

Magnesium supports over **500 essential functions** in your body—including energy, mood, muscle function, and digestion. The form you choose matters. Make sure it matches your needs!