








Magnesium Desk Reference

SYSTEM	FORM	ACTION/USE
 Nervous system (peripheral and central)	Threonate	Cognition and memory
	Citrate	Migraines
	Bisglycinate	Mood, stress, sleep
	Sulphate	Sleep and stress
 Cardiovascular system	Orotate	Cardioprotective
	Aspartate	Heart rhythm
	Phosphate	Cardiovascular health
	Glycerophosphate	Heart rhythm
 Skeletal system	Bisglycinate	Bone health
	Phosphate	Bone mineralisation
	Glycerophosphate	Bone mineralisation
 Muscular system	Citrate	Cramps - particularly nocturnal
	Aspartate	Muscle strength and performance/endurance; recovery; exercise induced lactate production/ muscle soreness
	Chloride	Electrolyte replenishment
	Amino acid chelate	Muscle function
	Phosphate	Muscle soreness
 GIT	Orotate	Microbiome
	Citrate	Laxative/constipation
	Amino Acid Chelate	Dyspepsia
	Hydroxide & Oxide	Laxative/constipation
 Women's health	Bisglycinate	PMS
 Metabolic	Aspartate	Magnesium deficiency & energy production
	Chloride	Magnesium deficiency
	Citrate	Magnesium deficiency
	Gluconate	Magnesium deficiency
	Orotate	Antioxidant
	Amino acid chelate	Energy production

