

FORMS OF Magnesium

MAGNESIUM THREONATE

Supports brain-related issues: memory, sleep, depression, anxiety.*

Supports energy production, metabolism, cardiovascular health, & mitochondrial health.*

MAGNESIUM MALATE

Supports bowel movements for occasional constipation and may prevent kidney stones.*

MAGNESIUM CITRATE

Supports bowel movements for occasional constipation and indigestion (also known as Milk of Magnesia).*

MAGNESIUM HYDROXIDE

MAGNESIUM GLYCINATE

Supports sleep, liver detoxification, and can act as a mood stabilizer.*

Supports muscle energy, muscle growth and improved mood.*

CREATINE MAGNESIUM

MAGNESIUM OXIDE

A cheap form of magnesium that is best to avoid.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.