

# MAGNESIUM FORMS

We typically recommend taking magnesium at a dose of 5 mg per pound of body weight per day, split into two servings (for example, 200 mg twice daily). Always take it with food. It's also important to pair magnesium with adequate sodium, since magnesium can lower sodium levels. Because minerals interact synergistically and antagonistically, some people may feel unwell if they're low in sodium when starting magnesium. Minerals aren't simple, they're complex, which is why I always recommend regular HTMA testing.

## GOOD BIOAVAILABILITY (recommended)

- **Magnesium Glycinate:** Very good bioavailability. Targets the liver and muscles, so it's good for chronic pain. Can be calming.
- **Magnesium Threonate:** Crosses the blood brain barrier so best for brain health / injuries / anxiety / depression / PTSD.
- **Magnesium Chloride:** A good choice for detoxification, kidney function, and for lowering blood pressure.
- **Magnesium Malate:** Very good bioavailability. Good for chelating heavy metals (removing them from the body). Good for heart health, pain. For some it could be energising.
- **Magnesium Orotate:** Great for the vascular system, especially good for heart health. May also help with mood disorders, MS, and alcoholism.
- **Magnesium Taurate:** Because this form is bound to taurine it's good for those with heart issues and high blood pressure.
- **Magnesium Citrate:** Good bioavailability but can produce loose stools. Best used for its laxative properties if required.
- **Transdermal Magnesium:** A form of magnesium chloride that's very effective at being absorbed via the skin, bypassing the digestive system. Good if you wish to avoid any GI disturbances from magnesium.

## POOR BIOAVAILABILITY (*not recommended*)

- **Magnesium Aspartate:** OK bio-availability. May support cellular energy production. Could be excitatory to the brain for some.
- **Magnesium Sulfate:** Low bioavailability. Typically used as a laxative. Best used as epsom salts in a bath.
- **Magnesium Stearate:** Very poor form of magnesium. May contain fillers and additives.
- **Magnesium Oxide:** Poor bioavailability. Used as a laxative only.

# RECOMMENDED ELECTROLYTES

There aren't many quality electrolyte products on the market. I don't recommend LMNT because its sodium-to-potassium ratio is too high. For optimal health, especially cardiovascular health, we benefit more from a higher potassium-to-sodium ratio. I also don't recommend keto diets or extreme exercise, which LMNT is largely geared toward. These are the electrolyte I currently recommend:

[Pickleball Cocktail](#)

[Seeking Health](#)

**Tip:** Choose an electrolyte with a higher potassium to sodium content and one without iron or calcium.