

5 Questions to ask when looking for a magnesium supplement

written by Natalie Ochoa | March 30, 2024



*Magnesium deficiency is rampant in the U.S. even by conservative estimates of public health officials. It's virtually impossible to get enough from diet alone. Learn from the following article whether you may be suffering from some of the common symptoms of magnesium deficiency. Then take advantage of a special offer from my friends at Jigsaw Health: **Save \$10** on your purchase with code **HOFFMAN10**.*

—Dr. Ronald Hoffman

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There are 5 important questions you should ask when searching for a high-quality Magnesium supplement:

1. What form of Magnesium is being used?

Cheap, inexpensive forms such as Magnesium Oxide only absorb about 4% in the body and cause a severe laxative effect.*

Magnesium Citrate is a very popular form but is hard to take at high doses without getting the laxative effect. Magnesium Citrate can also cause a disruption between your iron and copper levels.*

Consider a Magnesium Malate, Magnesium Glycinate, Magnesium L-Threonate, or Magnesium Orotate. These are all highly absorbable forms and each offer unique health benefits in addition.*

2. Are there any added nutrients to enhance absorption?

Vitamin B6, Vitamin B12, and Folate work together to enhance Magnesium's absorption in the body.*

3. How is the Magnesium being delivered and at what dose?

Magnesium attracts water which can cause a laxative effect at high doses making it hard to take the recommended daily intake (420mg per day).*

A Magnesium supplement that delivers at least 420mg per serving is best delivered in a time-release formula to give your body a steady supply of Magnesium throughout the day.*

4. Is there any clinical research backing the Magnesium supplement?

Look for a supplement with a peer-reviewed clinical trial published in a credible journal.

5. Is the Magnesium Supplement 3rd party tested?

Ask if they do 3rd party lab testing to test for impurities, heavy metals, and potency. If they do, are they willing to share the lab results?

MagSRT® by Jigsaw Health addresses all 5 questions...

First, MagSRT® utilizes a Dimagnesium Malate form.

Dimagnesium Malate is formed when 2 ions of Magnesium are attached to a molecule of malic acid (an organic compound found in fruits and vegetables, especially apples) and is easily absorbed in the body.*

Malic acid has these added benefits:

- Supports energy production.*
- Promotes healthy relaxed muscle tone.*
- Aids the body in detoxifying from heavy metals, such as aluminum.*

Second, MagSRT® includes Vitamin B6, Folate, and Vitamin B12.

Vitamin B6, Folate, and Vitamin B12 are included because they greatly improve Magnesium's function in the body by supporting healthy muscular tone, energy, mood, calmness, and sleep.*

Third, MagSRT® utilizes a proprietary Sustained Release Technology (SRT) delivery system.

Jigsaw's proprietary Sustained Release Technology (SRT) is the main differentiator between MagSRT® and ordinary Magnesium supplements on the market.

Instead of Magnesium being dumped into your system all at once, SRT slows down the release of Magnesium over 8 hours allowing maximum absorption...without the laxative side effect that high doses of other Magnesium supplements can cause.*

Fourth, MagSRT® is backed by clinical scientific research.

MagSRT® is the only time-release Magnesium supplement with a peer-reviewed clinical trial.

Read more here: [Scottsdale Magnesium Study \(SMS\)](#)

Lastly, MagSRT® is label claim verified from a 3rd party lab.

Every batch of Jigsaw Health supplements are triple-tested, and the lab results are posted online for all to see. We believe that what's on the label is what should be in the bottle, and nothing else.