



Ask Leyla: Which formulation of magnesium is right for me?

Q: I wanted to add magnesium to my supplement routine, but there are so many options, I don't know where to start!

Can you tell me which formulations are best for things like heart health, soothing anxiety, or even just overall good health?

A: Magnesium is an important mineral involved in many essential biochemical functions including muscle and nerve function, protein synthesis, glucose control and bone matrix formation. However, magnesium is easily depleted with stress, poor diet and lack of sleep. ✖

A critical mineral in the management of heart disease and high blood pressure, magnesium is therapeutic in preventing kidney stones, alleviating muscle cramps, migraine, PMS and osteoporosis. Magnesium comes in many formulations, targeted to these particular symptoms and conditions.

Magnesium Taurate: The synergy of magnesium and taurine is beneficial to heart and blood vessel health. This supplement is most helpful in regulating blood pressure and those with mitral valve prolapse (MVP) find this particularly useful in quieting symptoms.

ProtoSorb Magnesium: A patented formulation that crosses the blood-brain barrier, magnesium L-threonate is most helpful for cognitive function and anxiety. And due to magnesium's sedating effect, it is beneficial in promoting restful sleep when taken at bedtime—a boon to those suffering with insomnia.

Jigsaw Magnesium with SRT: Employs a Sustained Release Technology with dimagnesium malate which is highly bioavailable, making it appropriate for all kinds of symptoms associated magnesium deficiency including muscle aches, osteopenia and osteoporosis, migraine, and PMS.

Reacted Magnesium: This is a powder that provides magnesium bisglycinate chelate, suitable for many health concerns including insulin regulation, fatigue, bone health, and muscle cramps associated with exercise.

Magnesium Citrate: This form of magnesium is most suitable for alleviating constipation and preventing kidney stones. While most magnesium formulations confer some degree of stool-softening, magnesium citrate is most beneficial in maintaining bowel regularity. Citrate also keeps calcium from crystalizing and forming kidney stones.

To your health!

As you may know, I've been doing a weekly "Q&A with Leyla" podcast feature with Dr. Hoffman. Now you can get my perspective and expertise every Friday on my own episode of the *Intelligent Medicine* Podcast. If you missed last week's, you can listen here. To be sure you don't miss out on any of my important insights and information, subscribe today!