

Ask Leyla: Which magnesium is right for me?

written by Leyla Muedin MS, RD, CDN | December 11, 2025



Q: I have heard magnesium is very important and many people are deficient in it. What form would you recommend as I see there are several different formulations.

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!