

# MAKING SENSE OF MAGNESIUM

This information is not meant to provide direct medical advice. Always consult with a medical provider before starting any new supplement.

FORM OF MAGNESIUM	BENEFITS	DOWNSIDES	COMMON USES
<b>Magnesium Glycinate (or bisglycinate)</b>	Highly absorbed, not associated with GI side effects	Higher pill burden - fewer milligrams per tablet	*Amanda's top choice General use, relaxation, anxiety/sleep, cramps
<b>Magnesium Citrate</b>	Well absorbed. Mild laxative, can help with occasional constipation	May cause loose stools if dose is too high	Constipation, general use
<b>Magnesium Oxide</b>	Inexpensive, small molecule so can get higher doses in fewer tabs	Poorly absorbed. May cause loose stools at high doses	Often in multivitamins and other combination products. Decent for general use but poor absorption limits efficacy
<b>Magnesium Malate</b>	Gentle, no GI side effects	May be more difficult to find	Bound to malic acid, which is utilized in energy production so often used in conditions such as fibromyalgia and chronic fatigue (although studies are mixed)
<b>Magnesium Sulfate</b>	Found in epsom salt, can be helpful for sore muscles	Oral absorption is variable	Epsom salt soaks and topical creams/gels may be helpful for relaxation, muscle aches/pains. May be used orally (with caution) for constipation, although not recommended
<b>Magnesium L-Threonate</b>	Able to cross the blood-brain barrier	May be more expensive and more difficult to find	Neurologic disorders, sleep

## FOODS HIGH IN MAGNESIUM:

Pumpkin seeds, 1 oz roasted = 156mg  
 Chia seeds, 1 oz = 111mg  
 Brazil nuts, 1 oz or 6 nuts = 107mg  
 Brown rice, 1 cup cooked = 96mg  
 Cashews, 1 oz or 16 nuts = 86mg  
 Mackerel, 3oz cooked = 82mg  
 Spinach, ½ cup cooked = 78mg  
 Almonds, 1 oz or 23 nuts = 77mg  
 Swiss chard, ½ cup cooked = 75mg

Black beans, ½ cup cooked = 60mg  
 Avocado, 1 whole = 58mg  
 Edamame, shelled, ½ cup cooked = 50mg  
 Hazelnuts, 1 oz or 21 nuts = 46mg  
 Peanuts, 1 oz or 28 nuts = 48mg  
 Chickpeas, ½ cup cooked = 39mg  
 Banana, 1 medium = 32mg  
 Chicken breast, 3 oz roasted = 22mg  
 Ground beef, 3 oz cooked = 20mg