

Forms of Magnesium and Usage in Practice

Type	Main Benefits	Best Use	Absorption	Notes
Glycinate or Biglycinate	Calming, improves sleep, reduces anxiety, eases muscle tension	Stress, insomnia, chronic pain, PMS	High	Very gentle on the gut; chelated with amino acid glycine useful around female cycle
Citrate	Eases constipation, supports digestion, mild relaxation	Occasional constipation	Good	Can have a laxative effect in higher doses
Malate	Increases energy, reduces fatigue, supports muscles	Fatigue, fibromyalgia, physical performance	Very Good	Malic acid supports mitochondrial function
Threonate	Enhances brain function, memory, cognitive clarity	Brain fog, long-term cognitive health	Excellent	Crosses blood-brain barrier effectively; often used in nootropic stacks
Taurate	Heart health, regulates blood pressure, calming	Cardiovascular support, anxiety	Good	Taurine adds cardiovascular and calming benefits
Oxide	Relieves constipation, antacid effect	Occasional digestive aid	Poor (~4%)	Inexpensive, low bioavailability
Sulfate (Epsom Salts)	Muscle relaxation, detox, pain relief (topical)	Soaking baths, sore muscles	Transdermal	Used externally; not typically taken orally. Useful for those with poor gut nutrient absorption or pill phobia
Chloride	Cellular hydration, supports detox and nerve function	Topical sprays, oral supplementation	High	Common in magnesium "oil" for skin absorption
L-Lactate	Gentle on the stomach, long-term supplementation	Sensitive digestion, ongoing deficiency	Good	Used in clinical practice for chronic deficiencies