



Magnesium, What's The form?

The market is saturated with many supplements that are being sold to you. I wanted to give some clarity to one of the most common supplements out there, Magnesium, noting that not all forms of these are created equal and give some information on it so you can make the best decision for your health.

So first and foremost here are some of the main forms of Magnesium:

Magnesium Oxide
Magnesium Hydroxide
Magnesium Chloride
Magnesium Citrate
Magnesium Malate
Magnesium Glycinate



Parrish Chiropractic and Functional Health

Most supplements contain **Magnesium Oxide, Hydroxide, and Chloride** and these are the equivalent to cheap magnesium fillers.

While they have other uses they are not readily absorbed by the body and often larger doses are required. However, in supplements it makes it look like there is more magnesium when in all reality there is not as much available to the body.

Magnesium citrate is the digestive support form of magnesium. This one helps the digestive tract move along food and can often help with constipation. So in any bowel issues this could be a beneficial form. The product I often use for these issues in addition to other gut and herbal support is Magnesium Citrate from Pure-Encapsulations.

Magnesium Malate is the calming magnesium as this one often helps with anxiety, stress, sleep, and muscle cramps. This form often is accompanied by valerian root to increase its calming effects as in the product of Mag Fuel from PuraWell.

Magnesium glycinate and bi-glycinate is one form that can readily cross the blood brain barrier and often helps with headaches and migraines. The products I often use for this is Magnesium bi-glycinate from Thorne and Magnesium glycinate from Pure Encapsulations. However, note headaches and migraines often have multiple factors so it would be best to consult with your doctor to best care for your headaches and migraines.

As a complementary promotion we are offering 10% off the products mentioned in the informational above for this duration of this month. Just click the link below, use the code PP2461 to register an account, and use the coupon code Feb2024987 to get the discount. www.DSSOrders.com/DrParrishChiropractic

With any supplementation always talk to your doctor as each supplementation protocol is different for each patient and their conditions and has potential for interactions with any medications you may be taking.

If you have any questions about your health or even about this information feel free to give us a

call at 636-207-6600 or email us at parrishchirofunctionalhealth@gmail.com.

If there is a certain topic, supplement, or service you want to know more about in our next informational newsletter feel free to reply to this email and we will see if we can include it in our next newsletter!

Articles used in the creation of this informational:

<https://www.medicalnewstoday.com/articles/types-of-magnesium#for-topical-use>

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637834/>

