

The Menolux Guide to Magnesium for Menopause

At Menolux Health and Wellness, we believe menopause is a powerful new chapter—not a struggle to endure. Our mission is to empower women with the knowledge and tools to restore balance, energy, and joy through natural wellness solutions.

Magnesium is one of the most vital nutrients during this time, helping to ease symptoms and support the mind and body.



Why Magnesium Matters in Menopause

Magnesium is essential for over 300 body processes—including sleep, mood, muscle function, and hormone balance.

During perimenopause and menopause, falling estrogen levels can reduce magnesium absorption and increase stress on the body.

Low magnesium can worsen symptoms like anxiety, insomnia, fatigue, hot flashes, and body aches.

Common Signs of Low Magnesium

- Trouble sleeping or staying asleep
- Muscle cramps or twitching
- Fatigue or low energy
- Mood swings, anxiety, or irritability
- Headaches or migraines
- Constipation or bloating



Best Forms of Magnesium for Women in Midlife

Each form of magnesium supports the body in different ways. Here's how to choose the right one for your needs:

Magnesium Glycinate

Gentle and calming. Helps with sleep, anxiety, irritability, and night sweats.
Best taken in the evening.

Magnesium Malate

Boosts energy, relieves fatigue, and reduces body aches. Ideal for mornings.

Magnesium Threonate

Improves focus, memory, and mental clarity ("brain fog").
Great for daytime.

Magnesium Taurate

Supports heart health, blood pressure, and calm mood.
Helpful for stress or palpitations.

Magnesium Citrate

Aids digestion and relieves mild constipation. Best taken earlier in the day.

Magnesium Sulfate (Epsom Salt)

Perfect for baths or foot soaks to ease tension and promote relaxation.

The Menolux Daily Magnesium Routine

A balanced daily plan can ease symptoms, support hormone balance, and improve overall wellbeing.



Morning (Energy & Focus)

→ Magnesium Malate or Threonate (200 - 300 mg)
Boosts energy, focus, and mood balance.



Midday (Stress & Mood Support)

→ Magnesium Taurate or Glycinate (100 - 200 mg)
Reduces stress, anxiety, and supports heart rhythm.



Evening (Sleep & Relaxation)

→ Magnesium Glycinate (200 - 400 mg)
Calms the body, promotes deep sleep, and eases muscle tension.

Pairing and Safety Tips

- Aim for 300 - 400 mg of total magnesium daily from supplements.
- Start low (100 - 150 mg) and increase gradually.
- Separate calcium and magnesium doses for better absorption.
- Pair with Vitamin D3, K2, and Omega-3s for added hormone and bone support.
- Always consult your healthcare provider if you are on medication for blood pressure, thyroid, or heart rhythm.

The Menolux Supplement Routine (Suggested)

- ☐ **Morning:** Magnesium Malate for energy
- Afternoon:** Magnesium Taurate for calm and focus
- Evening:** Magnesium Glycinate for rest and recovery

Optional: Epsom salt bath or magnesium oil spray to soothe muscles and enhance sleep quality.

Remember—menopause is not an ending, it's a transformation.

By nourishing your body with the right minerals and care, you can move through this stage feeling stronger, calmer, and more connected to yourself.

With care,

The Menolux Health & Wellness Team

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