



## Types of Magnesium

Chloride, Citrate, Oxide- may help with digestive symptoms such as heartburn, constipation & indigestion (may have a laxative effect)

Malate- may help with chronic fatigue

Taurate- may help balance blood sugar and blood pressure

L-threonate- may support brain health and help with depression & memory

Sulfate- may soothe sore muscles

Glycinate- may help with sleep, stress, anxiety and migraines

Orotate- may promote heart health and energy production



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Eating for Increased Energy and Disease Prevention

