

# Forms of Magnesium

## Biotics offerings:

### Acti-Mag Plus

Designed to maximize stress response. Helps with blood sugar balance, calms nervous system, optimizes circulation and blood pressure, relaxes muscles, increases cellular energy production, optimizes bone density and calcium balance, promotes deep sleep patterns. Contains Mg glycerophosphate, B-vitamins, Taurine, Beet root, and bamboo shoot extract. Beet root increases nitric oxide production, and bamboo shoots mobilize unused calcium.

### Aqua Mag-Cl

Liquid Mg chloride. Contraindicated in patients with renal impairment or marked myocardial disease. Helps with acute kidney stone pain and can be used as laxative.

### Mg-Orotate 500

Mg orotate. Cardiovascular support.

### Mg-Zyme

Magnesium chelates; aspartate, glycinate, gluconate. (Most versatile and best-selling formula.) For musculoskeletal health, cardiac and immune function, maintenance of healthy blood sugar levels, and cellular energy production.

Aspartate - Promotes cellular energy

Chloride - Detoxing / laxative, almost no absorption intracellularly

Citrate - Constipation / laxative

# Forms of Magnesium

**Glycerophosphate** - Highest absorption intracellularly, safe for those with kidney concerns – used in Renal Units in European countries, no laxative effects

**Gluconate** - High intracellular absorption

**Glycinate / Bisglycinate** - Very well absorbed intracellularly, muscle aches, spasms, leaky gut, nerve pain

**Malate** - Energizing, fibromyalgia, muscle pain

**Orotate** - Cardiovascular health

**Oxide** - Laxative, some intracellular absorption

**Sulfate** - Best in bath, laxative, no absorption intracellularly

**Taurate / Taurinate** - Cardiovascular health

**Threonate** - Brain injuries, neurological conditions, nerves, memory, dementia, mood, PTSD, depression, anxiety, mental fatigue