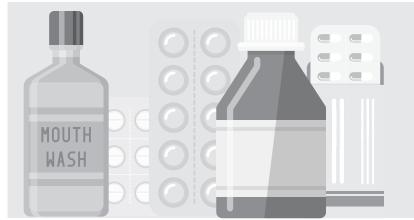
Types of Magnesium







- Malate:
 Mitochondria and
 energy support
- Glycinate:

 Muscle pain, spasms,

 correcting deficiencies
- Taurate:
 Cardiovascular support
- Citrate:
 Best for constipation
- Chloride: 12% magnesium, absorbed well
- Threonate:
 Crosses blood-brain barrier
- Oxide:
 Don't use, irritates GI lining



Tip: Combine magnesium oil or gel with DMSO for pain relief.
Tip: If your skin feels prickly, use coconut oil first before applying topical magnesium.



SIMPLIFYING **COMPLEX** CONDITIONS