

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.*

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SIMPLIFYING
COMPLEX
CONDITIONS