

Types of Magnesium



Malate:
Mitochondria and energy support

Glycinate:
Muscle pain, spasms, correcting deficiencies

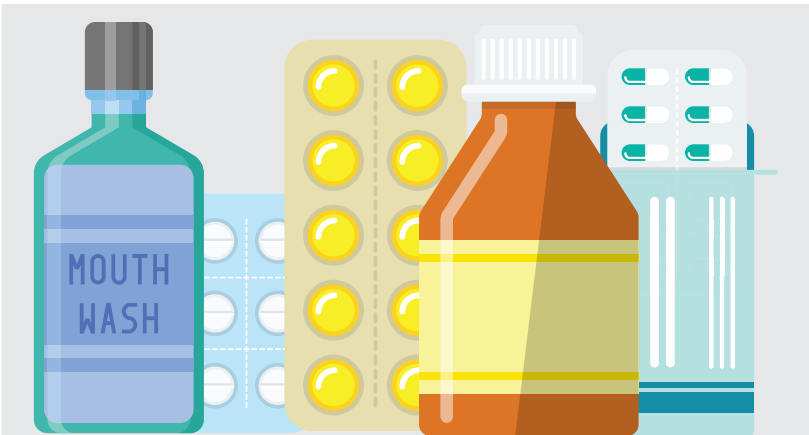
Taurate:
Cardiovascular support

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