

Magnesium Cheat Sheet

Magnesium supports muscle function, recovery, sleep quality, stress regulation, and energy production. Many active individuals are low due to training demands, stress, and sweating, making supplementation a simple and effective way to support overall performance and health.

| Type | Best For | Main Benefits | When to Take |
|-------------------------------------|------------------------|--|-------------------------------|
| Magnesium Glycinate | Sleep & stress | Calming, improves sleep quality, reduces muscle tension, easy on digestion | Evening / before bed |
| Magnesium Citrate | Digestion | Supports regularity and muscle relaxation | Evening or earlier in the day |
| Magnesium Malate | Energy & recovery | Supports energy production and reduces muscle soreness | Morning or pre-workout |
| Magnesium Threonate | Brain & focus | Supports cognitive function and mental clarity | Morning or early afternoon |
| Magnesium Taurate | Heart & nervous system | Supports cardiovascular health and calm focus | Morning or evening |
| Magnesium Chloride (Topical) | Muscle recovery | Supports relaxation when used topically | Post-workout or before bed |
| Magnesium Oxide | Laxative | Poor absorption; mainly laxative effect | Evening or before bed |

General Dosing: 200–400 mg per day. Magnesium is generally well tolerated. Start on the lower end and increase gradually to avoid digestive upset. Dose can be split if needed.

