

Experience Clear Thinking and Quality Sleep with this Powerful Essential Nutrient*



*Backed by extensive research showing exceptional absorption and the ability to cross your blood-brain barrier, our unique magnesium formula helps keep your brain in optimal condition.**

How
**MAGNESIUM
L-THREONATE**

Provides the Preferred
Form of Magnesium

DR. MERCOLA®



AT A GLANCE

Magnesium L-Threonate provides unsurpassed support for healthy brain function, promoting clearer, calmer thinking and more restful sleep.*



Our formula delivers 2,000 mg of patented Magtein® Magnesium L-Threonate, which has a high absorption and is able to penetrate cell membranes as well as cross your blood-brain barrier.*



Unlike other forms of magnesium, which can cause gastrointestinal discomfort and loose stools, **Magnesium L-Threonate** does not act as a laxative and can actually help to reduce gastrointestinal (GI) discomfort.*

When English chemist Sir Humphry Davy first isolated this powerful mineral in 1808, he couldn't have suspected the significant role it plays in human health.

Today, we know that this nutrient is the fourth most abundant mineral in your body. Your bones need it. Your muscles need it. And perhaps most important of all, your brain needs it.

If you've ever spent a day at the beach, riding waves on a boogie board or sitting in the sand as the surf washes over your legs, you know how the ocean can make you feel totally relaxed. By the time you carry your towel and beach bag away at the end of the day, you feel lighter, clearer, calmer.

And then, you sleep like a rock.

That's partially because ocean water is full of this essential mineral. In fact, of the 47 minerals in ocean water, this one is the third most abundant.

Your body can absorb it through the skin. And that's why you feel calmer and clearer after a day at the beach. It's why you sleep more deeply. These are two key benefits you get when you have healthy amounts of magnesium in your system.

Fortunately, you don't have to spend a day at the beach to experience the benefits of this nutrient. You can also get it from food.



Let's look at where it comes from and what you can do to enjoy its benefits.



The Mineral Deficiency That Can Elude Even Doctors

As you get older, your body becomes less efficient at absorbing important vitamins and minerals.

So even if you're eating a healthy diet rich in fresh organic vegetables, you may still come up short on some important nutrients.

One of those nutrients is magnesium. It plays a key role in your health. When you're low in magnesium, your brain struggles to think clearly while your body struggles to sleep well.*

The number of Americans potentially not getting enough of this nutrient is high, especially among people who are middle-aged and older. Some experts believe it may be as high as 80%.

Figuring out whether you're one of the people who needs more magnesium can be tricky. Standard blood tests aren't much good at finding the answer because *very little of it actually resides in your bloodstream.*

Here's how it works...

When your body becomes deficient in magnesium, it pulls what's stored in your red blood cells and deposits it into the serum of your blood.

So the standard serum magnesium blood test may show your levels as normal even though your red blood cells' stores of magnesium are depleted. And this is a problem because your body needs this mineral for many vital processes.



For that reason, the red blood cell (RBC) magnesium test is a great way to measure your levels and check for signs of a potential deficiency.



Magnesium-rich Foods

Why Magnesium is Essential to Vibrant Health

Magnesium is a nutrient you don't want to run low on. It plays one of the most important roles out of all the nutrients that your body needs.

Here are some key reasons why it's so important to pay special attention to your magnesium levels, as the mineral:

- Is the fourth most abundant mineral in your body.

- Exists in over 300 different bodily enzymes.

- Is essential for strong, healthy bones, which contain half of your total body magnesium.

- Plays a role in your body's normal detoxification processes.

- Aids your energy metabolism and protein synthesis.

- Helps guide a large number of physiological functions.

- Is required by your body to synthesize glutathione –the “master antioxidant”.

- Is especially valuable for supporting brain health.

Now that we've talked about why magnesium is so important, let's look at some signs that may tell you that your body needs more.

Some early signs of a potential lack of magnesium include:



Loss of appetite and headache.

Nausea and vomiting.

Fatigue and weakness.



Of course, these symptoms are pretty general and can result from a variety of different conditions. If you suspect you may be low in magnesium, your first course of action should be to consult with a healthcare professional.

We also invite you to test your magnesium levels at home with our convenient test kits that not only check magnesium levels but also the levels of other essential vitamins and minerals:

[Vitamin D, Magnesium & Omega-3 Test Kit](#)

[Vitamin D, Magnesium & Omega-3 PLUS Elements Test Kit](#)

Let's now talk about some steps you can take to help make sure you don't end up deficient in magnesium.

First, Consider Your Diet

There are a number of foods that supply plentiful magnesium. You should always be looking for ways to get these foods in your diet.

Organic green vegetables, such as spinach, kale and artichokes, are excellent choices because the center of the chlorophyll molecule (which provides green veggies their brilliant color) contains magnesium.

Chlorophyll is like a plant's version of our hemoglobin. The two share a similar structure, but chlorophyll has magnesium plugged into the middle instead of iron.



Other convenient sources of magnesium include pumpkin seeds, almonds and avocados.



To get healthful amounts of magnesium, focus on eating a variety of foods that contain high levels of the mineral. Juicing leafy green vegetables is also an excellent strategy for obtaining magnesium from food.

Here's a handy chart of specific foods that contain abundant amounts of magnesium for every 100 grams (just over 3 oz.) you consume:

Food (100 grams): Dried agar seaweed
Magnesium Content (mg): 770 mg
Food (100 grams): Dried cilantro
Magnesium Content (mg): 694 mg
Food (100 grams): Dried pumpkin seeds
Magnesium Content (mg): 535 mg
Food (100 grams): Unsweetened dry cocoa powder
Magnesium Content (mg): 499 mg
Food (100 grams): Dried basil
Magnesium Content (mg): 422 mg
Food (100 grams): Flaxseed
Magnesium Content (mg): 392 mg
Food (100 grams): Cumin seed (spice)
Magnesium Content (mg): 366 mg



Food (100 grams): Dried brazil nuts

Magnesium Content (mg): 376 mg



Food (100 grams): Freeze dried parsley

Magnesium Content (mg): 372 mg

Food (100 grams): Almond butter

Magnesium Content (mg): 303 mg

Food (100 grams): Roasted cashew nuts

Magnesium Content (mg): 273 mg

Food (100 grams): Sweet whey powder

Magnesium Content (mg): 176 mg

Food (100 grams): Freeze dried leeks

Magnesium Content (mg): 156 mg

Food (100 grams): Raw scotch kale

Magnesium Content (mg): 88 mg

Food (100 grams): Spinach

Magnesium Content (mg): 79 mg

Why You May Benefit from Supplementing



While it may be possible to maintain healthy levels of magnesium by regularly consuming foods rich in the mineral (such as those foods in the chart above), there are certain factors that may prevent you from getting enough:



Time – As you get older, your body's ability to absorb magnesium decreases.

Types of food you eat – If you consume mostly non-organic foods, their magnesium levels may be depleted due to chemical fertilizers and pesticides. Levels of magnesium in the soil determine what's in the food.

Practicality – For various reasons, such as availability or personal preferences, it may not be possible for you to consume enough magnesium-rich foods.

If any of these factors apply to you, and you want to be proactive about maintaining healthy levels of magnesium, you might want to consider a high-quality supplement.

But “high-quality” is the key when deciding on a magnesium supplement. There's such a wide variety of options available to you. And it can be confusing trying to decide which is best.

On top of that, certain supplement combinations affect the absorption and bioavailability of the magnesium, and you don't want to waste time or money on something that won't give you the benefits you're looking for.

There are a few things you need to know when deciding which magnesium will provide the best solution for your needs.

What to Look for in a High-Quality Magnesium Supplement



When searching for a high-quality magnesium supplement, there's such a wide variety available that it can be confusing as to which one is really best.



For a high-quality magnesium supplement, make sure it:

Avoids magnesium stearate – Magnesium stearate is not a source of magnesium. Rather, it is an unnecessary processing aid with no nutritive value, so you should avoid it.

Delivers a high-absorption formula – It's not just about the amount of magnesium found in the supplement. The formula must have high-absorption capabilities so your body can actually use the magnesium.

Incorporates high-penetration characteristics – Absorption of magnesium is crucial but it's also important that the nutrient is capable of penetrating key tissues and cells to be effective.

Helps avoid potential discomfort – Many magnesium products are used as laxatives and antacids. When looking for a magnesium supplement to support clear thinking, restful sleep and vibrant health, you want to avoid any that are specific to stool-softening as well as so-called indigestion aids.

Provides practical, easy-to-take servings – Supplement servings must be practical to fit into anyone's busy schedule. Serving size should be straightforward with well-defined guidelines.

Even more confusing is the fact that there's no such thing as a 100% magnesium supplement. Magnesium must be bound to another ion, and that substance can affect magnesium's absorption and bioavailability.

Be sure to familiarize yourself with the different types of magnesium supplements available, and know how they compare to one another.



**Magnesium
glycinate**

A chelated form of magnesium that tends to provide effective levels of absorption and bioavailability.



Magnesium oxide

A non-chelated form of magnesium bound to an organic acid or fatty acid. Contains up to 60% elemental magnesium and has stool-softening properties.

**Magnesium
chloride/Magnesium
lactate**

Contains only about 12% elemental magnesium but tends to have better absorption capabilities than magnesium oxide, which has five times the magnesium.

**Magnesium
sulfate/Magnesium
hydroxide**

These are typically used as laxatives. Milk of Magnesia is an example of this type of magnesium. Since magnesium hydroxide can have up to 42% elemental magnesium, caution is required to avoid taking too much.

**Magnesium
carbonate**

This form of magnesium has antacid properties and can contain from 29 to 45% elemental magnesium.

Magnesium taurate

This contains a combination of magnesium and taurine (an amino acid) that together may provide a calming effect on the body and mind.

Magnesium citrate

This is a form of magnesium with citric acid which has laxative properties. This can contain up to 16% elemental magnesium.

**Magnesium L-
Threonate**

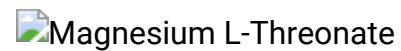
This newer type of magnesium supplement has shown great promise in absorption as well as in potential tissue and cell membrane penetration.



Confused About Elemental Magnesium? You're Not Alone



Possibly the most confusing thing about magnesium supplements is the *amount* of magnesium in each product.



“Elemental” magnesium refers to the actual amount of magnesium in each supplement form. However, this is only part of the story.

It really depends on *what you want* from your magnesium supplement...

Just because the supplement contains more elemental magnesium doesn't necessarily mean your body can absorb it. Plus, there are some types of magnesium supplements that provide good absorption but also have stool-softening properties that many people prefer to avoid.

Magnesium L-Threonate contains the optimal balance of elemental magnesium, as it is *formulated for absorption and not as a laxative*.*

Absorption is the key when it comes to this potent mineral that offers exceptional support for your brain, detoxification, energy production and cellular health.*

For every three-capsule serving, you receive a full 2,000 mg of Magtein® **Magnesium L-Threonate**, which includes 145 mg of elemental magnesium.

Why Magtein® Magnesium L-Threonate is a Superior Form of Magnesium

Magnesium plays an important role in many of your brain's functions. However, most forms of magnesium have low levels of brain bioavailability.



The unique compound called Magtein[®] was discovered by a group of scientists, including a Nobel Prize laureate, from Massachusetts Institute of Technology (MIT).



Magtein[®] is the only magnesium compound that has been shown to effectively raise the brain's magnesium levels.*

While other common magnesium compounds generally do not improve brain magnesium levels, studies show that higher magnesium concentrations in the brain and enhanced cognitive support occur with Magtein[®].*

How Magnesium L-Threonate Exceeds Others on the Market

For a high-quality magnesium supplement, you won't find anything more effective than **Magnesium L-Threonate**.* Here's a chart explaining why this is such an exceptional formula and how it exceeds others on the market. We'll go through the points on the checklist we discussed before:

Checklist Requirements

Completely avoids magnesium stearate?

Yes – This compound is not part of the formula whatsoever. It's just not a healthy substance you should be putting in your body. In addition, this formula does not contain any genetically modified organisms (GMOs).

Delivers a high-absorption formula?

Yes – **Magnesium L-Threonate** (Magtein[®]) stands out from other magnesium supplements for its breakthrough absorption characteristics that are demonstrated through extensive research.*



Checklist Requirements



**Incorporates
high-
penetration
characteristics?**

Yes – One area where other forms of magnesium supplements tend to fall short is penetration of tissues and cells. Animal studies have shown that **Magnesium L-Threonate** is able to uniquely cross the blood-brain barrier and penetrate cell membranes.*

**Helps manage
potential
discomfort?**

Yes – Many forms of magnesium can cause unpleasant gastrointestinal (GI) discomfort. In fact as you already know, some magnesium products have the primary purpose of softening stool and acting as a laxative. This is not the case with **Magnesium L-Threonate**. It supports your brain health without causing trouble for your digestive system.*

**Provides
practical, easy-
to-take
servings?**

Yes – Food is not required for absorption, so taking it with meals is not necessary. It's always a smart choice to double-check and consult with a healthcare professional when taking any supplement. With our formula, you only need three capsules instead of four. You can take all three at night, or take two at lunch and one at bedtime with plenty of water. It's easy to take.

Magnesium L-Threonate is an exciting breakthrough in magnesium supplements. If you're looking for a truly high-quality magnesium supplement to add to your healthy diet, this one will exceed your expectations, too.

**Don't Let Low Magnesium Levels Put the Brakes on
Fully Enjoying Your Life**



We all want to live life to the fullest. Foggy thinking and poor quality sleep interfere with that.

 Magnesium L-Threonate



With soil depletion contributing to lower levels of nutrients in even the healthiest foods, you have to be proactive in making sure your body gets the essential nutrients it needs to maintain health and vigor.

And the important role magnesium plays in your body calls for special attention.

When you have low levels of magnesium, your cells aren't getting what they need to function their best. Your brain can struggle to process information. Your body can struggle to relax sufficiently for healthy sleep.

With **Magnesium L-Threonate**, you get a high-quality magnesium supplement with superb absorption.* You get one backed up by extensive research suggesting that it crosses the blood-brain barrier and penetrates cell membranes, so your body can take full advantage of the benefits that balanced magnesium levels provide.*

It's an easy, practical way to boost your intake and balance your levels of this vital mineral, and it's a simple "add" to support your overall healthy lifestyle strategy.*

Order **Magnesium L-Threonate** today, and start enjoying the benefits that this phenomenal mineral has to offer.*

FAQ



► **1. How much magnesium is in this product, and how does it compare to the amounts found in other magnesium supplements?**



For every three-capsule serving, you receive 2,000 mg of Magtein® Magnesium L-Threonate. This includes 145 mg of elemental magnesium.

While the amount of elemental magnesium may be lower than some other products on the market, our product is formulated for optimal brain absorption.* This means that your body receives greater benefit from less magnesium. It's a more efficient delivery system.

► **2. I've heard that certain types of magnesium can act as laxatives. How does the magnesium in this supplement compare?**

Unlike other forms of magnesium, which can cause gastrointestinal discomfort and loose stools, **Magnesium L-Threonate** does not act as a laxative and can actually help reduce gastrointestinal (GI) discomfort.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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