

Table 7.2

Types of Magnesium

Leslie Korn Copyright, Nutrition Essentials for Mental Health, 2nd Edition 2026

Type	Use	Optimal Dose Range
Magnesium aspartate	Supports energy via ATP production, reduces fatigue Highly bioavailable	300–500 mg elemental Mg
Magnesium carbonate	Neutralize stomach acid, heartburn, indigestion Low bioavailability, thus less effective for people with low stomach acid	200–400 mg elemental Mg
Magnesium citrate	Laxative, muscle tension Treats magnesium deficiency Highly bioavailable	200–400 mg elemental Mg
Magnesium chloride	Improves magnesium deficiency Use topically Highly bioavailable	200–500 mg elemental Mg
Magnesium oxide	Laxative, GERD, constipation Moderate bioavailability	250–400 mg elemental Mg
Magnesium malate	Chronic pain, fatigue, fibromyalgia Supports energy production via ATP	200–500 mg elemental Mg
Magnesium taurate	Both magnesium and taurine help regulate blood pressure and calm the nervous system Highly bioavailable	150–500 mg elemental Mg
Magnesium lactate	Improves chronic fatigue, increases energy, and reduces muscle spasms Ideal for people with sensitive digestive systems Highly bioavailable	200–400 mg elemental Mg
Magnesium glycinate	Anxiety, insomnia, and stress Gentle on digestion Highly bioavailable	200–400 mg elemental Mg
Magnesium orotate	Orotic acid helps produce RNA and DNA, cardiovascular support, cellular repair, and enhanced athletic performance	150–400 mg elemental Mg
Magnesium sulfate (Epsom salt)	Use in bath or foot soaks to reduce muscle soreness and inflammation Oral use as a laxative (though there are better laxative options) and as part of a liver flush protocol	Soaking topically: 1 cup in a basin or bathtub Laxative: 1–2 tablespoons in a little warm water

Magnesium L-threonate	Developed to cross the blood-brain barrier Supports cognitive function, memory, neuroplasticity, and brain health Highly bioavailable	144–2,000 mg (48–144 mg elemental magnesium)
-----------------------	---	--