

Choosing the Right Magnesium Formula

Magnesium is essential for over 300 enzymatic processes, but different forms target different systems. Use this guide to match magnesium forms to your patient's needs.

Mixed Mag Forte



Magnesium Glycinate



Magnesium Citrate



Magnesium L-Threonate



Tri-Factor



Cal:Mag 1:1



Clinical Insight

The all-rounder. High dosing for multi-system stress, tension and fatigue.

Tense and wired? Glycinate supports nervous system calm without drowsiness.

Cramps or migraines? Citrate is your go-to for muscle and vascular support.

Brain-first? Reach for L-Threonate to support cognition, focus and brain fog.

Hormonal mood swings? Tri-Factor adds cofactors for PMS and sleep support.

Supporting bones or vitamin D? Use Cal:Mag for safe, balanced calcium intake.

Key Features

- Multi-chelate magnesium citrate (200mg); glycinate (75mg); orotate (25mg)
- Includes taurine & glycine

- Well-tolerated & calming
- High absorption
- Nervous system & neurotransmitter support

- Highly absorbed
- Supports muscles & vasculature

- Crosses the blood-brain barrier
- Targets cognitive health

- Cofactor synergy with vitamin B6 and zinc
- Mood, hormones & detox pathways

- Calcium + magnesium
- Balanced skeletal support

Best For

- Stress & sleep
- Muscle tension/cramps
- Cardiovascular support
- High dosing needs

- Anxiety, sleep & mood
- Neurological support
- Low magnesium status

- Cramps (incl. pregnancy)
- Migraines
- Energy & metabolism

- Memory & cognition
- Brain fog
- Focus & stress resilience

- PMS & hormonal mood
- Sleep support
- Detox & energy support

- Bone health
- Supporting vitamin D
- Preventing excess calcium effects

Form & Dose

300mg Mg per serve (powder)

150mg Mg glycinate per capsule

150mg Mg citrate per capsule

120mg Mg L-Threonate per serve (powder)

100mg Mg citrate + 15mg Pyridoxine + 12mg Zn per capsule

75mg Mg + 75mg Ca per capsule

RN Labs Magnesium Products by Clinical Condition

This chart helps guide product selection based on clinical presentations. Conditions are grouped by body system.

	Condition	Mixed Mag Forte	Mg Glycinate	Mg Citrate	Mg L-Threonate	Tri-Factor	Cal:Mag 1:1
Nervous System & Mood	Brain fog	X			X		
	Cognitive decline				X		
	Focus & attention	X			X		
	Neurotransmitter support	X	X		X	X	
	Poor sleep	X	X		X	X	
	Stress	X	X		X	X	
Musculoskeletal Support	Bone health						X
	Bruxism (teeth grinding)		X				
	Fibromyalgia / widespread pain	X	X				
	Muscle cramps		X	X			
	Muscle twitching	X	X				
	Myofascial trigger points	X		X			
	Post-exercise muscle recovery	X	X				
	Restless leg syndrome		X	X			
Female Health	Tension headaches		X	X			
	Breast tenderness					X	
	Hormonal anxiety / low mood		X			X	
	Menstrual cramps		X	X		X	
	PCOS-related insulin resistance	X					
	PMS / hormonal mood	X				X	
	Postnatal depletion	X				X	
Cardiovascular & Metabolism	Premenstrual migraines		X	X			
	Cardiovascular health	X	X	X		X	X
	Detox support	X		X		X	
	Energy / fatigue	X	X	X		X	
Clinical Use	Vascular support	X		X			
	High dose requirement	X					
	Low magnesium status	X	X	X		X	
	Migraines	X		X			



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