



MIND MAG
Magnesium I-threonate
NPN:80077498

Magnesium is one of the most ubiquitous minerals on the planet and one of the most widely used supplements in the world of health and wellness. Magnesium is available in many forms and is typically found as a chelate. This means the organic mineral is attached to another organic compound (usually an amino acid) so these 2 components don't get separated in the digestive process. In the case of Mind-Mag, we have magnesium that is attached to the amino acid threonate which yields some very special and unique characteristics and outcomes.

Ingredients

• Magnesium Threonate Magtein**2000 mg**

- Provides 144mg of elemental magnesium
- **Non-Medicinal Ingredients:** Vegetable cellulose.

Recommended Use or Purpose:

- A factor in the maintenance of good health.
- Helps the body to metabolize carbohydrates, proteins and fats.
- Helpf in the development and maintenance of bones and teeth.
- Helps in tissue formation.
- Helps to maintain proper muscle function.

Recommanded Dose:

- Take 3 capsules per day.

Known Adverse Reactions:

- Some people may experience diarrhea.



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Why is Mind-Mag Different

While magnesium is found in a variety of sources that have varying degrees of benefits given their dosages and chelates, Mind-Mag has the unique ability to affect brain levels of magnesium as the only form that can easily cross the blood brain barrier. By doing so, this form of magnesium lends itself to some very impactful benefits for overall brain function and performance. In clinical trials magnesium-threonate has been shown too;

- Increase synaptic density (neural connections) in the brain
- Improve working and short term memory
- Improves special awareness and memory
- Likely led itself positively to regulating neural inflammation, degeneration, and mood conditions

More recent studies have confirmed that this form of magnesium has some very powerful effects that block the upregulation of pro-inflammatory cytokines in the brain that correlate with short term memory deficits. The inflammatory cytokine TNF-a has been shown to reduce the size and function of the hippocampus and this brain area which maintains short term and working memory as we age. This function may also lend itself to helping in the management of chronic migraines and cognitive decline in general, all promising areas of research.

Who can Benefit from Mind-Mag

The general answer here is that technically everyone can benefit from supplemental magnesium given the fact that most people eat a nutritionally poor diet these days. The being said with the multitude of magnesium supplements available on the market it becomes challenging to determine which one is most useful for a given circumstance. To make it simple to navigate for future reference, when you think of anything that could potentially be related to brain function Mind-Mag should be your “go-to” choice. If you are 40+ and starting to experience short term memory loss, an athlete recovering from a head injury, a child with ADD challenges, or just someone who is wanting to prevent neurological decline. **Mind-Mag may be the game changer you are looking for!**

References

- 1) http://www.supplementquality.com/z_askexpert/chelated.html
- 2) <http://magtein.com/magtein-science.html>
- 3) <https://www.ncbi.nlm.nih.gov/pubmed/24077207>
- 4) <http://www.nutraingredients-usa.com/Research/Study-supports-magnesium-threonate-potential-for-cognitive-health>