

Magnesium Forms: *Quick Reference Guide*



Magnesium Form	Total Compound Weight (mg)	Elemental Magnesium Content (mg)	Non-Magnesium Components (Carrier)	Added Effects of Non-Mg Portion	Bioavailability % (approx.)	Usable / Absorbable Magnesium (mg) (approx.)
Magnesium Ascorbate ($C_{12}H_{14}MgO_{12}$)	100 mg	8 mg	Ascorbate (Vitamin C)	Antioxidant & Immune Support	~33%	~2.64 mg
Magnesium Aspartate ($C_4H_6NO_4Mg$)	100 mg	7 mg	Aspartic acid	May support energy metabolism	~50%	~3.5 mg
Magnesium Carbonate ($MgCO_3$)	100 mg	33 mg	Carbonate	Antacid, mild digestive soothing	~20%	~6.6 mg
Magnesium Chloride ($MgCl_2$)	100 mg	12 mg	Chloride	Very soluble, used in liquids & topical sprays	~50%	~6 mg
Magnesium Citrate ($C_6H_8MgO_7$)	100 mg	11 mg	Citric Acid	Gentle stool-softener, digestive comfort	~30%	~3.3 mg
Magnesium Gluconate ($C_{12}H_{22}MgO_{14}$)	100 mg	6 mg	Gluconic acid	Gentle on digestion, used in IV forms	~30%	~1.8 mg
Magnesium Glycinate / Bisglycinate ($C_4H_8MgN_2O_4$)	100 mg	14 mg	Glycine	Calming, supports sleep & relaxation	~70%	~9.8 mg
Magnesium Hydroxide ($Mg(OH)_2$)	100 mg	42 mg	Hydroxide	"Milk of magnesia," laxative effect	~10%	~4.2 mg
Magnesium L-Threonate ($C_8H_{14}MgO_{10}$)	100 mg	8 mg	Threonic Acid	Crosses blood-brain barrier, supports cognition	~30%	~2.4 mg
Magnesium Lactate ($C_6H_{10}MgO_8$)	100 mg	12 mg	Lactic acid	Well tolerated, steady absorption	~40%	~4.8 mg
Magnesium Malate ($C_4H_4MgO_5$)	100 mg	15 mg	Malic Acid	Supports cellular energy & muscle recovery	~40%	~6 mg
Magnesium Oxide (MgO)	100 mg	60 mg	Oxygen	High Mg density, inexpensive	~4%	~2.4 mg
Magnesium Orotate ($C_{10}H_6N_4O_8Mg$)	100 mg	7 mg	Orotic Acid	Heart cellular support	~45%	~3.2 mg
Magnesium Phosphate ($Mg_3(PO_4)_2$)	100 mg	27 mg	Phosphate	Less common use, supports energy metabolism & bone structure	~25%	~6.75 mg
Magnesium Sulfate ($MgSO_4$)	100 mg	10 mg	Sulfate	Epsom salt—detox baths, mild laxative	~5%	~0.5 mg
Magnesium Taurate ($C_4H_{12}MgN_2O_6$)	100 mg	9 mg	Taurine	Taurine supports heart health, relaxation, blood pressure regulation	~45%	~4 mg
Sucrosomial Magnesium (MgO core in phospholipid matrix)	100 mg	53 mg	Phospholipids	Protects Mg in gut, enhances intestinal absorption	~80%	~42.4 mg

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