

DR. PAUL'S HOLISTIC HEALTH NETWORK

Magnesium Forms, Benefits & Food Sources

1. Magnesium Citrate

Benefits: Digestive aid, gentle laxative, muscle relaxation.

Food Sources: Lemons, limes, oranges, grapefruit, tomatoes, berries, tamarind.

2. Magnesium Oxide

Benefits: Antacid, indigestion relief, laxative effect.

Food Sources: Pumpkin seeds, almonds, cashews, cacao/dark chocolate, whole grains (brown rice, oats).

3. Magnesium Aspartate

Benefits: Cellular energy (ATP), athletic recovery.

Food Sources: Asparagus, legumes (black beans, lentils, chickpeas), sunflower seeds, avocado.

4. Magnesium Chloride

Benefits: Rapid replenishment, skin support, detox.

Food Sources: Seaweeds (kelp, dulse, nori), celery, lettuce, tomatoes, mineral-rich sea salt.

5. Magnesium Lactate

Benefits: Gentle on the stomach; good for sensitive digestion.

Food Sources: Spinach, Swiss chard, bananas, potatoes.

6. Magnesium Malate

Benefits: Energy support, muscle recovery, helpful in chronic fatigue.

Food Sources: Apples, grapes, cherries, apricots, pears, hawthorn fruit.

7. Magnesium L-Threonate

Benefits: Brain health, memory, learning.

Food Sources: Vitamin C-rich produce: citrus, berries, kiwi, guava, bell peppers, leafy greens.

8. Magnesium Taurate

Benefits: Heart rhythm support, calming nerves, blood pressure.

Food Sources: Seafood (salmon, sardines), seaweeds, garlic, onions, pumpkin seeds.

9. Magnesium Sulfate (Epsom)

Benefits: Muscle relaxation, detox, swelling reduction.

Food Sources: Cruciferous vegetables (broccoli, cabbage, kale, Brussels sprouts), mustard greens, garlic, onions, radishes.

10. Magnesium Glycinate

Benefits: Stress relief, sleep, anxiety reduction; highly gentle.

Food Sources: Legumes (beans, chickpeas), pumpkin & sesame seeds, spinach, kale, bananas.

11. Magnesium Orotate

Benefits: Heart and mitochondrial support.

Food Sources: Beets, purple carrots, wheat bran unrefined (trace levels).

Note: Foods supply magnesium and natural organic acids/amino acids. Supplement names (citrate, malate, glycinate, orotate) refer to the salt form used in products; foods listed provide magnesium and/or the partner compound or its precursors. No fermented foods are included in this guide.

All information presented on this site is not intended to diagnose, treat, cure, or prevent any disease it is simply “Food For Your Soul”!!

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