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Magnesium Threonate for Migraine Brain Fog

Magnesium threonate has so many benefits, including aiding with migraine brain fog. This article will explain the benefits of magnesium threonate and how to use it to improve cognitive function.

The information presented here is purely informational and all supplement changes should be reviewed with your health practitioner before use.

MAGNESIUM L THREONATE BENEFITS

[Magnesium](#) has been shown to decrease migraine symptoms in general, but often we forget that different types of magnesium are helpful for different areas. [Magnesium Threonate](#) is one of the best for neurological issues, particularly because it has a high absorption rate and can penetrate the blood-brain barrier.

One particular study found it's helpful with memory decline, [Alzheimer's disease](#), and enhanced learning in young rats. You'll often see some kind of "neuro" or "cogni" in the name based on the research that supports its ability to help with cognitive and neurological functions. Magnesium L Threonate benefits include:

- Aids with cognitive function and promotes a "clear head".

- Helps with [migraine prevention](#).
- Reduces migraine brain fog common with vestibular disorders, as well as vertigo.
- Some find it energizing as a caffeine replacement.
- Can aid with [depression](#).
- Crosses the blood brain barrier, restoring magnesium directly to the brain.

Research shows magnesium to be a critical player in the activation of nerve channels that are involved in synaptic plasticity. That means that [magnesium](#) is critical for the physiological events that are fundamental to the processes of learning, memory, cognitive function and for healthy mitochondria. It is highly absorbable and has the unique ability to permeate the brain and enhance the receptors that are involved in this process.

Magnesium L Threonate is said to be the only [form of magnesium](#) that crosses the blood brain barrier and significantly increase the levels of magnesium within the brain - exactly where people with migraine need it!



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MAGNESIUM FOR VESTIBULAR MIGRAINE

One of the ways vestibular migraine hit me hardest was with cognitive function. Before my symptoms began I had a quick wit and often managed the work of multiple people at my job.

When my chronic illness began, I couldn't even think of small words like "dinner" without having to pause and think incredibly hard. I'd be having a conversation and would get hung up on what I

was trying to say, racking my foggy brain for basic words. Often I wonder if the anxiety I felt from this exacerbated my symptoms. I felt stupid. There were also points where I had some short term memory loss and would misplace things regularly or forget conversations. These are all [symptoms of migraine](#) and some vestibular disorders, specifically vestibular migraine.

While this supplement is expensive, I thought I would give it a fair trial of at least a month before I refilled the supplement. I noticed fairly quickly after I would take Magnesium Threonate in the morning that I had more energy and mental clarity. As time continued, this was a common occurrence. My morning brain fog is eliminated and I am more alert without caffeine. It is a part of my [treatment plan](#) to this day - I take two capsules of Cognimag in the morning!

Magnesium threonate can be helpful for vestibular migraine because:

- Brain fog and memory loss is common with this type of migraine.
- It can reduce dizziness and fatigue.
- It contributes to the overall amount of daily magnesium you can take for migraine prevention.
- Outside of [magnesium glycinate](#), threonate is one of the best forms of magnesium for vestibular migraine.

Because this supplement can be expensive and the recommended dosage for migraine prevention in studies is 400mg, it is best to mix and match with another less expensive [form of magnesium](#) to get the full amount needed.

**BENEFITS OF
MAGNESIUM
THREONATE**