

MAGNESIUM L-THREONATE: BREAKTHROUGH BRAIN ENHANCER

► Content

► Products

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Magnesium l-threonate is a synthesized form of magnesium that can boost cognitive abilities. Learn how it's used to improve memory and reverse brain aging.

Magnesium is so important for health that it's been called the “master mineral.”

It's particularly important for a healthy brain and nervous system.

It exhibits anti-stress, anti-anxiety, anti-depressive, and neuroprotective properties.

But there's always been a quandary surrounding the therapeutic use of magnesium supplements for cognitive and mental health issues — they do not readily enter the brain.

Now there's a new breakthrough form of magnesium, magnesium l-threonate, that solves this problem.

WHAT IS MAGNESIUM L-THREONATE?

Most magnesium supplements are *chelated* and magnesium l-threonate is no exception.

Chelated simply means that the magnesium molecules are bonded to another molecule.

Chelation can improve a magnesium supplement's stability, absorption, and bioavailability.

Magnesium l-threonate is the [latest magnesium chelate](#).

It was developed by a team of neuroscientists at Massachusetts Institute of Technology and Tsinghua University in Beijing that [bound magnesium to l-threonate](#), a vitamin C metabolite.

"Magnesium l-threonate readily crosses the brain's protective filter, the blood-brain barrier, to get into the brain where it is needed."

There is no reason to be concerned that magnesium l-threonate is not natural.

When it comes to magnesium supplements, natural is not necessarily better.

[Magnesium sulfate](#) naturally occurs in Epsom salts, but it's a harsh laxative that is barely absorbed and has a lot of potential side effects.

Mind Lab Pro

WHAT'S THE BEST BRAIN SUPPLEMENT?



We hear this question often. Here's our answer:

#1 Live a brain-healthy lifestyle first (Be Brain Fit tells you how).

#2 Give Mind Lab Pro a try.

This brain supplement meets all 12 of my requirements for a high-quality brain supplement, including effectiveness, safety, purity, and value. So it's easier for you to be mentally sharper, happier, and more productive.

Choosing the right brain supplement is all about quality. Now, when you buy a 3-month supply of Mind Lab Pro, you get an extra month free. This 25% discount includes free shipping worldwide. [See why I recommend Mind Lab Pro.](#)

Dr. Pat

This makes it one of the worst forms of magnesium that you can take, especially if improving brain function is your goal.

You may already be familiar with popular magnesium supplements like magnesium citrate and magnesium glycinate.

They too are synthesized in a laboratory.

HOW DOES MAGNESIUM L-THREONATE WORK?

Magnesium is largely missing from the modern diet.

Additionally, many common medications [contribute to loss of magnesium](#).

In the US, less than [half of the population meets the RDA](#) (recommended daily allowance) for magnesium.

The brain's need for magnesium is high.

It is normally found in higher concentrations in the brain than in the blood.

[Magnesium plays a critical role](#) in a number of brain-related and neurological conditions, including:

- acute brain injury
- addictions
- Alzheimer's disease
- anxiety
- attention disorders
- bipolar disorder
- dementia
- depression
- Parkinson's disease
- schizophrenia
- seizures

But frustratingly, very little of the magnesium found in typical supplements gets into the brain, limiting its therapeutic value.

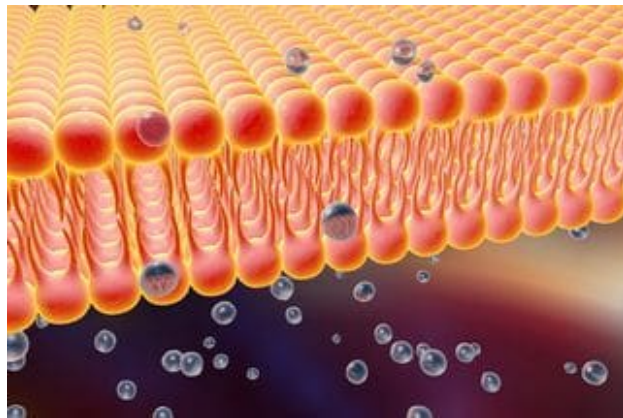


Illustration of the blood-brain barrier.

Here are the three known ways in which magnesium l-threonate works:

1. Magnesium l-threonate [readily crosses the brain's protective filter](#), the blood-brain barrier, to get into the brain where it is needed.
2. Magnesium l-threonate has been shown to [increase brain plasticity](#). **Neuroplasticity** (brain plasticity) is the brain's ability to change and grow, and is fundamental for memory and learning to take place.
3. There's evidence that magnesium l-threonate can [increase brain-derived neurotrophic factor](#) (BDNF), a protein that stimulates the formation of new brain

cells.



BENEFITS OF MAGNESIUM L-THREONATE: WHAT THE RESEARCH SHOWS

There are dozens of known magnesium benefits.

Appropriate [magnesium supplementation](#) has been proven to lift mood, increase resilience to stress, improve focus and concentration, raise energy levels, and improve sleep quality.

It's also good for a wide variety of conditions not related to brain health, such as asthma, muscle cramps, high blood pressure, osteoporosis, and heart disease.

Magnesium l-threonate has been around only since 2010.

So, unlike many other supplements, it does not have a long history of use.

This makes research results more important than usual.

Of the dozen or so studies done on magnesium l-threonate, there's been only one clinical trial (i.e., study on humans).

Since this study is by far the most relevant, let's take a look at this one first.

MAGNESIUM L-THREONATE CLINICAL TRIAL RESULTS

So far, there's only [one clinical trial](#) on magnesium l-threonate that's been published in a peer-reviewed medical journal.

Study participants were older adults (ages 50 through 70) who reported concerns with memory, concentration, anxiety, and sleep.

They were evaluated for four aspects of cognitive ability — working memory, episodic memory, attention, and [executive function](#) — the last being a group of skills that helps you set goals, plan, and get things done.

They were given magnesium l-threonate for 12 weeks.

As researchers expected from the results of animal tests, magnesium l-threonate increased magnesium levels in human brain cells.

When retested, all participants performed significantly better in all four cognitive areas.

Magnesium l-threonate also significantly reduced their biological brain age.

On average, these seniors' brains functioned, according to standard tests, as if they were 9.4 years younger than when the study began.