



Magnesium Glycinate & Anxiety: A Quick Overview

Magnesium glycinate is one of the most effective magnesium forms for anxiety due to its **high bioavailability** and ability to cross the **blood-brain barrier**.

1. Calming the Nervous System

- Magnesium is a **cofactor for GABA**, the brain's primary **inhibitory neurotransmitter**, promoting relaxation and reducing anxiety.
- Blocks **NMDA receptors**, preventing excessive excitatory activity linked to stress and panic.
- Supports **HPA axis regulation**, preventing **cortisol dysregulation** that fuels anxiety.

2. Glycine's Additional Benefits

- Glycine itself is a **calming amino acid**, further enhancing the **anxiolytic** effects.
- Improves **sleep quality**, which is essential for reducing chronic stress and anxiety symptoms.

3. Reducing Physical Symptoms of Anxiety

- **Relaxes muscles** and prevents **tension headaches, heart palpitations, and muscle twitching**, all common in anxiety.
- Helps regulate **blood sugar**, preventing stress-induced mood swings.

4. Clinical Considerations

- **Dose:** Typically **200-400 mg daily**, often taken before bed for enhanced relaxation.
- **Well-tolerated**, with minimal GI issues compared to other forms like magnesium citrate.
- Works synergistically with **taurine, B6 (P-5-P), and L-theanine** for even greater calming effects.

Bottom Line

Magnesium glycinate is an excellent choice for **reducing anxiety, calming the nervous system, improving sleep, and supporting neurotransmitter balance**, making it ideal for stress management and emotional well-being.

