

Magnesium Glycinate Strategy — Cheat Sheet (Clean Text)

Why Magnesium Matters for Muscles

- Supports relaxation, recovery, nerve calmness
- Prevents cramps, twitching, restless legs
- Essential for sleep quality and muscle function

Form	Benefit
Magnesium Glycinate	Sleep, mood, muscle relaxation, anxiety reduction
Magnesium Citrate	Gut motility (constipation relief)
Magnesium Threonate	Brain / cognitive support (but harder to find + expensive)

Coffee & Magnesium — The Timing Rule

- Coffee increases magnesium loss via urine
- Best timing:

→ Morning Coffee → Wait 30-60 min → THEN eat magnesium-rich food or take supplements

Food-Based Magnesium Powerhouses

Food	Approx Magnesium	Easy Use
Pumpkin seeds	150mg per 30g	Sprinkle on oats, salads
Almonds / Cashews	80mg per 30g	Snack or breakfast
Avocado	60mg per whole	On toast, salads
Spinach (cooked)	80mg per cup	Stir-fries, omelets
Dark Chocolate (70%+)	60mg per 2 squares	After dinner
Oats	~100mg per serve	Breakfast staple
Beans, Lentils, Tofu	80-120mg per cup	Dinners, salads
Banana	30mg per fruit	Snack

Magnesium Glycinate Supplement Timing

- Best Form for: Muscle relaxation, sleep, cramps, restless legs
- Typical Evening Dose: 200-300mg *elemental* magnesium (glycinate form)
- Take 1 hour before bed

Mineral Water Magnesium

- San Pellegrino: ~13mg per glass
- Gerolsteiner: ~27mg per glass

Nice hydration top-up — not a main source.

Symptoms of Low Magnesium

- Restless legs at night
- Muscle cramps or twitching
- Poor sleep
- Anxiety / feeling “wired”
- Eye twitch or jaw tightness
- Fatigue despite rest

Daily Rhythm Summary (Ideal Flow)

Time	Action
Morning	Coffee → Wait → Hydrate & Magnesium-rich breakfast
Lunch	Greens, avocado, beans, tofu, nuts
Dinner	Spinach, seeds, beans, salmon
Evening	Magnesium glycinate supplement before

Type	Best for	Notes
Glycinate	Sleep, relaxation, cramps	Gentle, calming
Citrate	Digestion, constipation	Gut support
Threonate	Brain, focus	Expensive, niche
Phosphate	General	Found in blends
Oxide	Laxative only	Poor absorption

When should I take magnesium?

- Food magnesium → anytime
- Glycinate → evening before bed
- Citrate → morning or midday
- Avoid supplements right with coffee
- Mineral water = bonus top-up (tiny dose)

Tip: Muscle & Bone Recovery Stack

- Magnesium (glycinate)
- Calcium
- Vitamin D
- Vitamin K2
- Hydration & electrolytes

Labeling & Marketing Tricks

- "Magnesium Amino Acid Chelate" is vague and often not glycinate.
- Look specifically for "Magnesium Glycinate" or "Magnesium Bisglycinate" for muscle and sleep support.
- Magnesium Oxide is cheap, often added for label appeal but low absorption.

Menopause Symptom	Magnesium Can Help Because...
Sleep issues	Magnesium calms the nervous system, helps with deep sleep, lowers cortisol
Anxiety / mood swings	Magnesium regulates GABA (calming neurotransmitter) and balances stress response
Muscle cramps / restless legs	Direct muscle relaxant, prevents spasms
Bone density loss	Magnesium is essential for calcium & vitamin D metabolism (bone health)
Headaches / migraines	Magnesium can prevent hormone-related migraines
Hot flush triggers	Magnesium helps regulate temperature control & reduce stress reactivity

Practical Magnesium Strategy for Menopause

- Food first (seeds, nuts, greens, avo, beans)
- Supplement in the evening (glycinate 200-300mg elemental magnesium)
- Hydration + mineral water bonus
- Pair with calcium + vitamin D + K2 for bones (if needed)