

Magnesium in practice

Which form is actually absorbed, how much you need and why the time of day matters. A short guide for anyone who wants to choose magnesium knowingly.



BestLab information leaflet. A food supplement is not a medicine.

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„Magnesium is an important mineral that supports daily activity and the body's recovery. BestMag Day & Night is a particular combination that supports us during the day by providing energy and helps us recover better at night.“

Olga Grech

Author of the BestMag formula

1 Magnesium in a nutshell

Magnesium takes part in over three hundred reactions in the body. From the point of view of how you feel day to day, four matter most: muscle function, the nervous system, energy metabolism and electrolyte balance.

The nutrient reference value for magnesium is 375 mg a day. Plenty of people do not reach it, because magnesium disappears from the diet along with processed food, and more of it is used up under stress, intensive training and drinking large amounts of coffee.

That is why magnesium is one of the most commonly bought supplements. And it is also the one where it is easiest to spend money on something that passes through the body without a trace.

What magnesium is needed for

- **Muscles:** contributes to normal muscle function.
- **Nervous system:** contributes to its normal functioning and to normal psychological function.
- **Energy:** contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.
- **Balance:** contributes to electrolyte balance.

2 Forms of magnesium, or where the price differences come from

This is the most important chapter of the guide. On the shelf you will find products for a few pounds next to ones for several times that. The difference almost never lies in the amount of magnesium, but in what it is attached to.

Magnesium never occurs on its own. It is always bound to something we call a carrier, and it is the carrier that decides how much of the declared dose the body will actually absorb.

1 Magnesium oxide, the cheapest option

It contains a lot of magnesium by weight, which is why manufacturers can print an impressive number of milligrams on the box. The problem is that it absorbs poorly. If a product costs very little, this is almost certainly what you are buying.

2 Chelated forms, meaning magnesium bound to an amino acid

Bisglycinate is magnesium combined with glycine, taurate is magnesium combined with taurine. They are more expensive to produce, but far better tolerated by the digestive system.

3 Malate, meaning magnesium with malic acid

Malic acid takes part in the Krebs cycle, the processes from which the cell draws energy. That is why malate is often recommended for the daytime.

4 How to check it in the shop

Turn the box over and read the composition, not the front. Look for the words: bisglycinate, taurate, malate, citrate. If you see "magnesium oxide", you now know what you are paying so little for.

5 Do not compare milligrams alone

Two hundred milligrams in a well absorbed form is worth more than four hundred in a form that passes straight through you. What counts is what stays, not what goes in.

3 Why day and night is not a marketing trick

Splitting it into a day capsule and a night capsule looks like a sales device until you look at what the body needs at different times.

In the morning you want energy, so **malate** makes sense, as its carrier takes part in the cell's energy processes. In the evening you want to wind down and recover, so **bisglycinate and taurate** suit better: glycine and taurine are amino acids associated with relaxation, and both forms are gentle on the stomach.

The practical effect is that instead of one large dose once a day you split it into two smaller ones. That is better tolerated and easier to fit into a routine: one capsule with breakfast, the other before bed.

4 When it is worth considering

- When tiredness and fatigue are bothering you.
- When you train and want to support normal muscle function.
- In periods of greater tension, when normal psychological function matters to you.
- When you drink a lot of coffee or eat mainly processed food, because there is simply less magnesium in the diet then.

A supplement will not replace a diet. You will find magnesium in pumpkin seeds, almonds, buckwheat, wholemeal bread and green leafy vegetables.

5 How to take it properly

Morning	BestMag Day, one capsule with breakfast, with water.
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Evening	BestMag Night, one capsule before bed, with water.
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Consistency	Every day. Magnesium works by maintaining a level, not on demand.
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Storage	Room temperature, dry, away from moisture and light.
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Pack	2 x 60 capsules, meaning 60 days of full use.
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The capsule can be opened and the powder poured out if someone does not swallow tablets. It is best added to cool food, for example yoghurt or a smoothie. Avoid hot dishes.

6 Six most common mistakes

1 Choosing by the number of milligrams on the front

Without checking the form, that number says nothing about how much magnesium you will actually absorb.

2 Buying magnesium oxide because it is cheaper

The saving is illusory if most of the dose passes through the body.

3 The whole dose at once

Splitting it into two smaller portions is better tolerated by the digestive system.

4 Taking it irregularly

Magnesium needs to be kept at a level, not remembered once a week.

5 Expecting an effect after two days

Give it a few weeks of consistent use before you judge.

6 Taking the evening capsule with coffee

Coffee is a diuretic and increases magnesium excretion. Take it with water.

7 Questions we are asked most often

Can I take both capsules at once?

You can, but it defeats the point of this formula. Malate is chosen for the day, bisglycinate and taurate for the evening. Splitting the portions is also gentler on the stomach.

How much magnesium is in the whole daily portion?

157 mg, about 42 percent of the nutrient reference value. The rest should come from your diet, because a supplement is there to complement it, not replace it.

Can I open the capsule?

Yes, you can pour out the powder and add it to cool food. It does not affect how well it works. Avoid hot dishes.

Does the product contain gluten?

No. Every batch is tested for the presence of gluten, so the product can also be used by people with coeliac disease.

Can it be used during pregnancy and breastfeeding?

Most BestLab supplements can be, but during this period we always recommend consulting a doctor first.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent, accredited J.S. Hamilton laboratory: microbiology, purity from heavy metals and testing for the presence of gluten.

8 BestMag Day & Night composition

Content per recommended daily portion, one Day capsule and one Night capsule.

BestMag Day: magnesium malate	680.27 mg
of which magnesium	100 mg (26.7%)
BestMag Night: magnesium bisglycinate	290.42 mg
of which magnesium	37 mg (9.9%)
BestMag Night: magnesium taurate	266.67 mg
of which magnesium	20 mg (5.3%)
Total magnesium per daily portion	157 mg (41.9%)

Figures in brackets are the percentage of the Nutrient Reference Value. Pack contents: 2 x 60 capsules. BestMag Day ingredients: magnesium (magnesium malate), capsule shell: hydroxypropyl methylcellulose, apple fibre, native tapioca starch. BestMag Night ingredients: magnesium (magnesium bisglycinate, magnesium taurate), capsule shell: hydroxypropyl methylcellulose, L-leucine.

Authorised health claims for the ingredients of this product

- Magnesium contributes to normal muscle function.
- Magnesium contributes to the reduction of tiredness and fatigue.
- Magnesium contributes to electrolyte balance.
- Magnesium contributes to normal energy-yielding metabolism.
- Magnesium contributes to normal psychological function.
- Magnesium contributes to the normal functioning of the nervous system.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

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