The BEST Magnesium for YOUR Heart (Doctor Explains) Transcript

(Transcripts are generated by AI and may contain errors)

Why Magnesium Oxide Is a Poor Choice

I would not take this magnesium supplement. So if you're taking this for blood pressure, muscle cramps, palpitations, turn the bottle around right now and take a look at the supplement facts panel.

If it says magnesium oxide, you are taking one of the cheapest. and least absorbable forms of magnesium available. You swallow it, but much of it never reaches the cells that need it.

In this video, I'll explain why magnesium is critical to your heart, why I avoid magnesium oxide, the best food sources of Magnesium, where Shilajit fits in, and the five forms magnesium I recommend instead.

I'm Dr. Jack Wolfson, cardiologist and founder of Natural Heart Doctors. My approach is simple, eat well, live well think well and test don't guess. So let's begin talking about magnesium oxide.

Because supplement companies and hospitals, they love magnesium dioxide because it's inexpensive, easy to manufacture and contains a high percentage of elemental magnesium.

That allows the company to print an impressive number on the front of the bottle. But the number the label does not tell you how much magnesium your body absorbs.

Magnesium oxide does dissolve well. and is poorly absorbed compared with better forms such as magnesium citrate. Now much of what you swallow can remain inside the digestive tract instead of entering the bloodstream.

and reaching your cells where the action happens.

Why Magnesium Matters for Heart and Muscles

What happens to all this unobsorbed magnesium? It pulls water into the intestines. That is why magnesium oxide is often used as a laxative and why people can experience diarrhea, abdominal cramping, and digestive urgency after taking it.

To be clear, magnesium dioxide is not poison. It can have a purpose if someone is specifically looking for occasional constipation relief or they're looking for an antacid but that is very different from choosing magnesium to support your heart blood vessels your muscles and things like sleep energy and your nervous system magnesium is not a bargain when your body cannot use it and Your body absolutely needs magnesium magnesium participates in hundreds of enzyme reactions your cells need magnesium To make and use ATP which is the energy currency of the body.

Your nerves require magnesium to communicate. You're muscles needed to contract and relax. your blood vessels depend on it to maintain healthy vascular tone.

And your heart needs magnesium more than almost any other organ because your hear is a muscle that never gets a moment off. Every heartbeat depends on a carefully coordinated movement of minerals across the membranes of your hearts cells.

Magnesium works alongside potassium, calcium and sodium to support that electrical activity. It helps support a normal heart rhythm, healthy blood pressure, blood vessel relaxation, glucose metabolism, energy production and a balanced nervous system.

Testing Magnesium Status and Food Sources

When magnesium intake is low, the body does not always give you one obvious warning. You might notice muscle cramps, eyelid twitching, constipation, headaches, fatigue, sleep issues, palpitations, or just a feeling that your body can't relax.

Those symptoms have many possible causes, so don't automatically assume magnesium is the answer. And one thing you could do when I always say this is test don' t guess.

You can look at a standard blood magnesium level, but the reality is, the magnesium, is much better tested inside of blood cells, like a red blood cell magnesium.

So you want to ask your doctor for that particular test. If you're looking for magnesium status, ideally your serum level is above two and intracellular level, is around five and a half or higher.

So we can use that lab value along with diet and symptoms and digestive health, kidney function. Before reaching for any supplements, you want to start with food.

Some of my favorite magnesium rich foods, avocado, pumpkin seeds, chia seeds almonds, dark leafy greens, raw cacao, quality water as well, but seafood is the top of the food chain over there, especially wild salmon roe.

A simple magnesium-rich meal could include wild seafood or pasture-raised meats, a large surfing of leaf green, some avocado, and pumpkin seed. add some unsweetened cacao and you're ready to go.

Real food gives you more than an isolated mineral. It provides magnesium along with other vitamins, minerals, proteins, fats, polyphenols that you need to get the job done.

Food first, always. Another mineral supporting substance I like is high quality shilajit. Shilazit is a naturally occurring resin that contains fulvic subst of trace minerals.

Shilajit and Choosing Better Magnesium Forms

It has use and I like the purifi we carry it natural heart strategy for mineral suppo But quality matters. Make She legit in glass at his third party tested it.

Check out the product on our website So the next thing you want to look at is to make sure that you are getting the highest quality magnesium supplement should you choose to Supplement and this is very important because so many people again, they're reaching for the wrong supplements Remember, it's food first steal a sheet second and then we can go magnesium in the appropriate form That's why I created something called magna five magma five contains five purposeful bioavailable forms of magnesium and absolutely The first form in there is dimagnesium malate.

Malate participates in the cellular pathways involved in energy production, making this form useful for supporting energy and normal muscle function. The second form is magnesium citrate.

This is a well-absorbed form. that provides foundational magnesium support while also helping promote normal bowel regularity. Third is magnesium taurinate.

This combines magnesium with taurene, an amino acid with an important relationship to the heart, blood vessels, and healthy electrical activity. Fourth is Magnesium bisglycinate This is general on the digestive system and it's an excellent option for support and relaxation.

and the nervous system. The fifth and final form in here is magnesium orotate. This combines magnesium with erotic acid and was selected to support energy demanding tissues including the heart muscle itself.

Magnify: Five Magnesium Forms for Heart Support

Now I'm not claiming that each magnesium molecule has a GPS system and knows exactly where to go. the benefit of this formula is that it provides several well tolerated forms with different carrier compounds, giving the digestive tract multiple opportunities to absorb magnesium so the body can put it to work.

Magnify was created to support healthy blood vessels, normal heart rhythm, muscle relaxation, restorative sleep, cellular energy, and healthy, blood pressure physiology.

No magnesium oxide, no cheap shortcuts, five carefully selected forms, in one comprehensive formula. Here's the most important takeaway. Stop buying magnesium based on the big number printed on front of the bottle.

Turn the bottom around. Read the supplement fax panel. Look at the actual form. If magnesium oxide is the primary ingredient, you're purchasing a laxative dressed up as a premium mineral replacement.

Skip that one. So I suggest you start with magnesium rich food. Consider the highest quality independently tested Shilajit as complimentary mineral support.

You can test your magnesium status. And if you want the five forms of magnesium I selected with the heart in mind, try Magnify. you can find Magnified using the link below this video.

Thank you so much for looking into this. thank you. So much. For your support and cheers to your 100 year heart.