



What Is NeuroMag Magnesium L-Threonate?

Magnesium is an essential mineral that plays an important role in the brain. It supports healthy memory and youthful cognitive function. Our Neuro-Mag® formula provides an absorbable form of magnesium, making it good for supporting memory and maintaining cognitive health.

Looking for a little short-term memory support? Neuro-Mag® Magnesium L-Threonate is our customer-favorite form of brain-friendly magnesium.

Neuro-Mag® Magnesium L-Threonate Benefits

- Promotes working (short-term) memory
- Encourages healthy recall speed
- Supports overall cognitive health
- Also available in tropical punch flavored drink mix

Special form of magnesium: the memory mineral

Different forms of magnesium can do different things. Take magnesium L-threonate, for instance: magnesium L-threonate supplementation helps support your working or “short term” memory: where you put your car keys, etc. It also helps with recall and overall cognitive function—so you’re less likely to wonder why you went into the kitchen in the first place or forget the milk next time you’re at the grocery store.

Product Details

Magnesium is essential for more than 300 biochemical reactions in the body and plays an important role in the nervous system and brain.¹ Unfortunately, most Americans don’t get enough magnesium from their diet, and suboptimal magnesium levels increase with age.^{2,3}

Supports healthy memory and cognitive function

In a randomized placebo-controlled trial in 44 adults aged 50-70, the group receiving a daily dose of 1.5 to 2 grams of magnesium L-threonate showed markedly improved cognitive and executive function in just 12 weeks.



Just Three Capsules a Day

A single bottle of Neuro-Mag® Magnesium L-Threonate contains 90 vegetarian capsules, enough for a one-month supply. The suggested daily dose of three capsules provides 2000 mg of magnesium L-threonate, our customer favorite for memory and cognitive health support.