

# Active & Magnesium Formulas

A quick guide for the 50+ generation

MagVitaal is an independent knowledge hub. This guide explains our formulas in plain language — what each is for, who it fits, and how the forms differ. It is educational, not a sales pitch.

## Magnesium — four specialist formulas

### **SLEEP — Magnesium Bisglycinate**

A gentle, well-absorbed form often chosen for evening calm and sleep quality. Bound to the amino acid glycine.

### **FOCUS — Magnesium L-Threonate**

A form studied for its ability to cross into the brain. Chosen for cognitive clarity and mental energy.

### **MUSCLE — Magnesium Malate**

Bound to malic acid — a compound involved in cellular energy production. Often chosen for muscle recovery and daytime stamina.

### **HEART — Magnesium Taurate**

Combined with the amino acid taurine. Explored in research related to cardiovascular and nervous-system support.

## ACTIVE — Creatine Monohydrate

### **Why it belongs in a 50+ range**

Creatine is one of the most studied compounds for strength, lean-muscle maintenance and cognitive performance. After 50, natural stores decline — restoration matters.

### **What it is**

3 g of pure creatine monohydrate per serving. No blends. No fillers. Not a stimulant.

## BONES — Vitamin D3 + K2

### **Why the pair**

D3 helps the body absorb calcium. K2 (MK-7) helps direct that calcium into bones and away from soft tissue.

### **Who tends to consider it**

Adults 50+ who want a simple foundation for bones and cardiovascular resilience — especially in low-sunlight months.

## How to read a supplement label

### **Form matters**

Two products can both say 'magnesium' but behave very differently. The form (bisglycinate, malate, taurate, threonate, oxide) drives absorption and effect.

### **Elemental dose**

Look for the elemental magnesium content, not just the compound weight.

### **What to avoid**

Long filler lists, unnecessary colorants, undisclosed 'proprietary blends'.

Educational content. Not medical advice. Consult a qualified professional for personal health decisions.

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