RENVO LIFE · FREE SAMPLE

The Magnesium Decoder

Free sample: 2 chapters from the full 28-page guide. Read any magnesium label in 60 seconds, and spot "glycinate" that's been cut with cheap oxide.

- Chapter 3: Label math. What "400 mg" really means.
- Chapter 5: The 3-step "buffered glycinate" check, with real labels
- Plus: what's inside the full guide

This is a shopping and evidence guide, not medical advice. It doesn't diagnose anything or tell you whether to take magnesium or how much. Check with your doctor or pharmacist, especially with kidney disease, pregnancy, or prescription medicines. Superscript numbers refer to the sources list in the full guide; the key source for these pages is the NIH Office of Dietary Supplements Magnesium Fact Sheet (ods.od.nih.gov, updated 6 Jan 2026).

> **Not medical advice. Talk to your doctor before taking magnesium, especially if you have kidney problems or take medications.**

3 Label math: what "400 mg" really means

Asked online: "I meant 100–200 mg elemental magnesium, not 100–200 mg of magnesium glycinate powder." (r/Supplements) · "Elemental Magnesium Confusion" (r/magnesium)

THE SHORT ANSWER

The number that counts is the **magnesium** line on the Supplement Facts panel. That's the real ("elemental") magnesium. Big numbers on the front of the bottle are often the weight of the whole compound, which is mostly the stuff the magnesium is attached to.

Magnesium never comes alone. It's always attached to a "partner" molecule: glycine, citrate, oxide and so on. NIH explains that the Supplement Facts panel "declares the amount of elemental magnesium in the product, not the weight of the entire magnesium-containing compound"[1]. Front labels, though, are marketing, and they love big numbers.

Supplement Facts

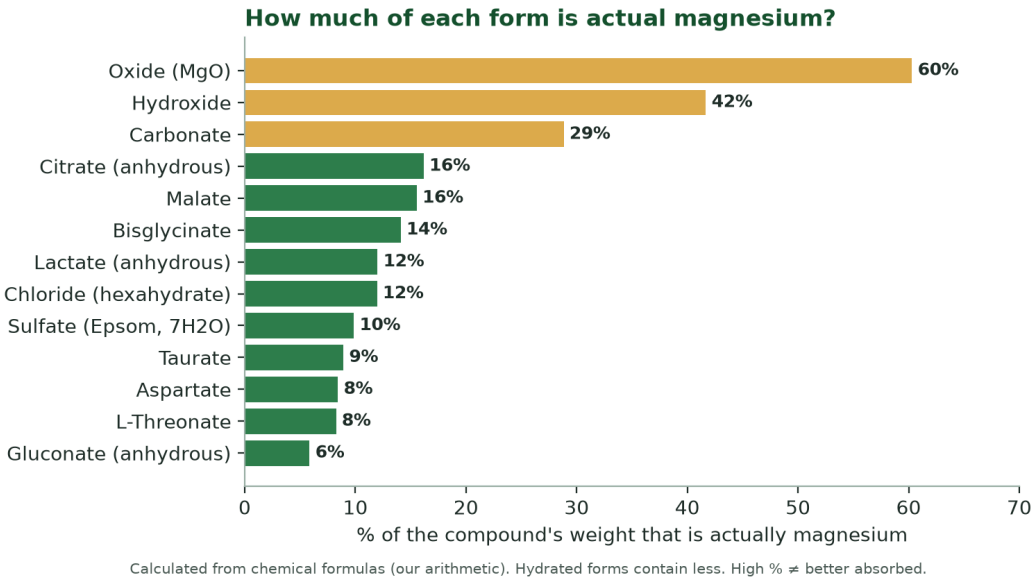
Serving Size 3 Capsules
Servings Per Container 80

Amount Per Serving		% DV
Magnesium	120 mg	29%
Magnesium Taurate	1,500 mg	*

*Daily Value not established

1. **Serving size**: how many capsules make one serving. Here it's 3, not 1.
2. **Magnesium 120 mg** (highlighted): the real magnesium per serving. Use this number.
3. **Magnesium taurate 1,500 mg**: the whole compound. Only 8% of it is magnesium.
4. **% DV**: 120 mg ÷ 420 mg Daily Value ≈ 29%.

Layout copied from the real Nutricost Magnesium Taurate label (brand page, 21 Oct 2026). Front of bottle: "1,500 mg".



Share of each compound that is magnesium, calculated from chemical formulas. Real products vary with water content: Magtein labels show 144 mg magnesium per 2,000 mg (7.2%).

Quick formula: real magnesium ≈ compound weight × the % above. Example: 2,000 mg of magnesium L-threonate × 7–8% ≈ 144–166 mg. Real labels for Magtein say 144–150 mg.

5 The "buffered glycinate" check

Asked online: "PSA: The legal magnesium scam" (r/Supplements) · "You're getting scammed on Magnesium GLYCINATE" (r/Biohackers)

THE SHORT ANSWER

Some "glycinate" products are blended with cheaper magnesium oxide. That's legal if it's listed, and some brands list it openly. You can often spot a blend with simple math: pure magnesium bisglycinate is only about 14% magnesium.

The 3-step check (60 seconds)

1. **Find the "as …" words** after "Magnesium" on the Supplement Facts panel. "(as magnesium glycinate and magnesium oxide)" means it's a blend, and they've told you.
2. **If a compound weight is listed**, divide: magnesium mg ÷ compound mg. For pure bisglycinate expect about 14%; for a lysinate-glycinate chelate about 10%; for oxide about 60%. A "glycinate" at 25% or more probably contains something else.
3. **If no compound weight is listed**, do a pill-size sanity check. 400 mg of magnesium from pure bisglycinate needs about 2.8 g of powder. In 2 capsules that's about 1.4 g each, which is very large. If the numbers don't fit, ask the brand what's in the blend.

Real labels we checked (21 Oct 2026)

Product	What the label says	Our read
Doctor's Best High Absorption	200 mg magnesium from 2,000 mg lysinate glycinate chelate	10%: consistent with a real chelate. **Passes.**
BulkSupplements "Magnesium Glycinate" (capsules and powder)	"Magnesium (as Magnesium Glycinate and Magnesium Oxide)"	A blend, **openly listed**. Fine if you know; it's part of why it's cheap.
Qunol Magnesium Extra Strength 420 mg	"Magnesium (as Magnesium Glycinate) 420 mg" in 2 capsules	**Question mark.** Pure bisglycinate would need about 3 g of powder in 2 capsules. No compound weight is shown. Ask the brand.
BiOptimizers Magnesium Breakthrough	7 forms, including "Sucrosomial Magnesium (as Magnesium Oxide)"	Premium price ($0.27/100 mg, brand store price, checked 21 Oct 2026), but part of it is oxide, by its own ingredient list.
Nutricost Magnesium Glycinate 210 mg	210 mg in 3 capsules "from magnesium bisglycinate"; no compound weight online	3 capsules for 210 mg is plausible for pure bisglycinate (≈1.5 g total).

The pill-size check is a rough plausibility test, not proof. Capsule fill weights vary. Only the manufacturer (or a lab test) can confirm a formula.

What's in the full guide ($7)

1. **The 10 most-asked magnesium questions**, collected from Reddit, X and YouTube in October 2026 and answered plainly.
2. **30 products compared by real cost per 100 mg**: brand store price, checked 21 Oct 2026, with links and label sources. From about $0.03 to $1.16 for the same 100 mg.
3. **Form cards** for glycinate, citrate, oxide, malate, chloride, taurate, threonate and more, covering what the absorption studies show.
4. **The evidence meter**: sleep, anxiety, depression, blood pressure, migraine, blood sugar, cramps, threonate for the brain, sprays and baths, each graded against the studies, including who funded them.
5. **Threonate: worth 6–9× the price?** An honest look at the rat study and the industry-linked human trials.
6. **Why magnesium sends you running**, the 350 mg supplement upper limit, and the medicines that need spacing (from NIH).
7. **Premium vs. affordable** side-by-side, a **myth-buster** page, and **food-first** charts with real food prices.
8. **Printables + spreadsheet**: shopping checklist, label decoder worksheet, 2-week notes for your clinician, and an Excel tracker that does the math.

22 sources: NIH, PubMed-indexed studies, USDA FoodData Central, NIH Label Database, NSF directory. No brand paid to appear. No affiliate links.

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