

Unique Magnesium Found to Reverse Brain Aging

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In a peer reviewed human study, a magnesium compound has been shown to reverse markers of brain aging by as much as 14 years!

This finding by Massachusetts Institute of Technology (MIT) researchers shows that the unique **magnesium-L-threonate** concentrates in the brain to rebuild neuronal connections and youthful brain plasticity.

Scientists have shown that magnesium plays an essential role in supporting **brain plasticity**.

Brain plasticity is the sign of a youthful, flexible brain primed for optimal learning, memory, and cognitive function in a rat animal model.

A medical study showed raising brain magnesium levels has been proven to restore important brain plasticity thereby **leading to improved cognitive function**.

Scientists at MIT developed and tested a special compound called **magnesium-L-threonate** and found it boosted brain magnesium levels by an **approximately 15%**.

These scientists found a novel way of overcoming the problem of getting magnesium loaded into the brain due to poor absorption via using **magnesium-L-threonate**.

Compared to other various forms of magnesium, they found that **magnesium-L-threonate** had the highest brain magnesium-loading ability and has been shown to cross the **blood-brain barrier** readily and coincide with improvements in cognitive function.

In conclusion, studies show that **magnesium-L-threonate** improves brain plasticity, leading to significant improvements in **memory, learning, and control of emotions**.

References

<https://pubmed.ncbi.nlm.nih.gov/20152124/>

<https://pubmed.ncbi.nlm.nih.gov/22016520/>

<https://pubmed.ncbi.nlm.nih.gov/26519439/>

<https://www.drperlmutter.com/magnesium-threonate-powers-brain/>

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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