

Magnesium L-threonate may boost memory, ease anxiety: animal data
Sisel's Brain Vitality's power is "in part" due to this ingredient.
26 May 2013 – Tom Mower

Supplementing the diet of lab animals with magnesium L-threonate may boost the memory says a new study that adds to the science behind the ingredient.

"Our data are consistent with a growing animal literature suggesting that chronic MgT treatment may have clinical relevance since it has been shown to reduce learned helplessness (a model of human depression), enhance the efficacy of fear extinction, and reduce cognitive deficits in a mouse model of Alzheimer's Disease," report researchers at a major University study.

With between 70 and 80% of the US population not meeting their recommended intakes of magnesium, consumers – and the health care professionals who advise them should be waking up to the importance of the mineral.

The new study used the magnesium L-threonate ingredient.

Optimistic

According to the new study provided verification by independent research of previously published functions of The new study used the magnesium L-threonate ingredient in a different behavior system that has been known to use the same brain signaling pathways.

"The clinical trial results revealed that the effect of The new study used the magnesium L-threonate ingredient on memory enhancement as well as fear memory control was proven in a different system by an independent third party research group," researchers said.

"While further studies are needed, the data suggests that magnesium L-threonate ingredient may enhance many areas of the memory related brain functions.

Study details

"Although magnesium sulfate treatments have been reported to improve recovery following traumatic cortical damage in rats and have shown some promise as a pre-hospitalization treatment for acute stroke patients, there are limitations on the ability of this compound to move Mg²⁺ into the brain," wrote the researchers. *"Trials such as these may benefit from using magnesium L-threonate as a vehicle compound to deliver elemental magnesium to the central nervous system as other magnesium supplements cannot possibly do. Since magnesium is so critical to brain energy and function, magnesium L-threonate is a major breakthrough in the chemistry of the brain."*

Reference

Pharmacology Biochemistry and Behavior

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Chronic dietary magnesium-L_threonate speeds extinction and reduces spontaneous recovery of a conditioned taste aversion.

G. Andrew Mickley, Nita Hoxha, Joseph L. Luchsinger, Morgan M Rogers, Nathanael R Wiles

<http://www.sciencedirect.com/science/article/pii/S0091305713000658>

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