

References:

1 G Pickering et al. Magnesium Status and Stress: The Vicious Circle Concept Revisited. *Nutrients* 2020, 12, 3672; doi:10.3390/nu12123672.

2 Ragnar Rylander. Bioavailability of Magnesium Salts – A Review. *Journal of Pharmacy and Nutrition Sciences*, 2014, 4, 57-59.

3 Schuchardt JP, Hahn A. Intestinal Absorption and Factors Influencing Bioavailability of Magnesium—An Update. *Curr Nutr Food Sci* . 2017;13:260-278.