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ThreoTech to Showcase Clinical Research on Magnesium L-Threonate Ingredient Magtein at Fi Europe

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Magtein is a patented, proprietary form of magnesium developed to support healthy brain magnesium levels by facilitating delivery across the bloodâ??brain barrier



ThreoTech will showcase the latest science behind Magtein, its magnesium L-threonate ingredient, at Fi Europe.

Magtein is a patented, proprietary form of magnesium developed to support healthy brain magnesium levels by facilitating delivery across the blood–brain barrier. It has been available in the EU since November 2024 and was authorized as a novel food in the UK in March 2026.

Magtein is supported by a growing body of scientific evidence, including clinical studies. In a 2025 placebo-controlled clinical trial, it was associated with improvements in cognitive performance, memory, reaction time, brain cognitive age, and heart rate. More recently, researchers have explored whether the sleep benefits previously demonstrated with Magtein extend to athletes, as well as exploring its benefits for recovery and physical performance.

Dr Rafea Naffa, PhD, ThreoTech's Director of R&D, will discuss these studies in a session at the Exhibitor Showcase Theatre at Fi Europe. He will also cover the preclinical evidence demonstrating Magtein's mechanism of action in magnesium delivery across the blood–brain barrier, uptake into neurons and effects on brain structure and function.

Dr Naffa said: "The evidence base behind next-generation magnesium ingredients, particularly magnesium L-threonate, is growing constantly. At the same time, there's increasing market demand for science-backed solutions in the health areas where they offer benefits – cognitive performance, memory, sleep quality, healthy brain aging, and neural support. At Fi Europe, I'll be discussing the body of science behind Magtein and explaining how it can inform both formulation and consumer communication."