5th November 2026

PRESS RELEASE

ThreoTech showcases the science behind next-generation magnesium Magtein®

CITY OF INDUSTRY, Calif.,– ThreoTech will showcase the latest science behind Magtein®, its magnesium L-threonate ingredient, at Fi Europe (17th-19th November 2026.)

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.[1] 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 (17th November, 13:30-13:50). 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."

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[1] Lopresti AL, Smith SJ. The effects of magnesium L-threonate (Magtein®) on cognitive performance and sleep quality in adults: a randomised, double-blind, placebo-controlled trial. *Front Nutr*. 2025;12:1729164. doi:10.3389/fnut.2025.1729164

Beyond its health benefits, Magtein offers significant advantages to product formulators. It is stable, tasteless, odorless, colorless, water-soluble and available for use in a wide range of applications, including gels, powders and liquid concentrates, as well as tablets and capsules. Magtein does not cause the digestive problems that are common with other, less well-absorbed magnesium compounds. It is certified kosher and halal and is allergen-free, maximizing its appeal among diverse consumer demographics.

ThreoTech will exhibit at FiEurope 2026, Stand #30G14.

About Magtein
Magtein is the patented, proprietary form of magnesium L-threonate, developed by researchers in 2010 to help address the challenge of increasing magnesium levels in the brain to healthy levels. Magtein supports brain health, healthy cognitive aging, reaction time, sleep quality, and next-day functioning, based on findings from multiple human clinical studies.* Today, Magtein is used in over 500 products by partner brands globally and clinical studies are ongoing. Magtein is stable, tasteless, odorless, colorless, and water-soluble, with applicability across capsules and tablets, as well as gels, powders, and liquids.

About ThreoTech, LLC
ThreoTech, LLC is an innovative manufacturing, marketing, and research company. ThreoTech, LLC is the exclusive global ingredient supplier and patent licensee for Magtein®, ensuring its quality and authenticity.

Regulatory & Compliance Notice
This press release is intended for informational purposes only. Magtein is a dietary supplement ingredient. Statements in this release have not been evaluated by the U.S. Food and Drug Administration. In the European Union, no health claims for magnesium L-threonate beyond authorized nutrition claims have been approved by the European Food Safety Authority (EFSA). This product is not intended to diagnose, treat, cure, or prevent any disease.

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