

Magtein Research in Collegiate Athletes to be Presented at SupplySide Global

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ThreoTech, LLC, the exclusive global supplier of Magtein, will present new research examining the potential benefits of magnesium L-threonate in collegiate athletes at SupplySide Global on October 28, 2026.

The breakfast briefing, titled “Magnesium L-Threonate (Magtein) in Collegiate Athletes: Lessons from the UCLA Sports Medicine Study”, will be led by Dr Jeremy Swisher, MD, Health Sciences Assistant Clinical Professor at UCLA and a sports medicine physician specialising in student-athlete care.

The randomised, placebo-controlled study, conducted among UCLA college athletes, is the first research specifically examining Magtein in an athletic population. The four-week study assessed whether sleep benefits previously observed with Magtein could extend to collegiate athletes, while also evaluating recovery and physical performance.

Preliminary findings from the study were presented as a poster at the American Medical Society for Sports Medicine (AMSSM) Annual Meeting in April 2026. Full results are expected to be published in a peer-reviewed journal later this year.

Magtein is a patented form of magnesium L-threonate developed to support magnesium levels in the brain by facilitating magnesium delivery across the blood-brain barrier and into brain neurons. According to ThreoTech, five peer-reviewed, randomised, double-blind, placebo-controlled human trials have been published across the US, China and Australia, reporting findings related to brain health, cognitive vitality and sleep quality.

The broader Magtein evidence base now includes more than 50 peer-reviewed scientific publications, spanning preclinical and human research. Additional human randomised controlled trials are also underway, including studies conducted by independent research groups.

Dr Swisher is the principal investigator of the UCLA athlete study and serves as head team physician for UCLA Women's Volleyball and Swim & Dive. His sports medicine experience also includes providing medical coverage for professional teams including the LA Lakers, LA Dodgers and LA Sparks.

The presentation at SupplySide Global is expected to provide the industry with further insight into the potential application of magnesium L-threonate in sports nutrition, particularly in areas such as sleep, recovery and physical performance.