

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #26

Magnesium

Support your body while it is still strong.

A salt the mill already uses

Current #25 asked the mill to spend. This page names one material the mill uses when it mints ATP. Magnesium. It is not a sixth pillar. It is not MEGA-ATP in a bottle. It is form literacy on the shelf Current #19 already refused to sell.

Food first still holds. Greens, seeds, and water that still has minerals are the ordinary hopper. A bottle is a later conversation with a licensed professional who knows you — if a reason appears.

Form is the teaching

Malate is the daytime energy salt in our house language: magnesium paired with a Krebs-cycle partner the mill already knows. Glycinate is the evening salt: the same mineral with a quieter partner when the throttle is coming down. Oxide is a cheap label that often does not arrive. The form on the bottle matters more than the word magnesium in large type.

Form literacy	A store
Malate by day. Glycinate by night.	A brand we rank or ship.
Food first. Bottle later, if at all.	A bottle as the price of belonging.
A material the mill already uses.	A sixth public pillar.
Copilot if kidneys or medicines are in the room.	A dose this page writes for you.

This page does not dose

The Foundation teaches the form. It does not sell the salt. It does not write milligrams. Kidneys and some medicines change the room. If a question is about your own magnesium, take it to a licensed professional who knows you. Do not add, stop, or delay licensed care from this page.

How you keep it

Keep Eat honest. If a bottle is already in the house, read the form on the label with the copilot — not as a Current you have to pass. Belonging does not require the cabinet.

Be brave enough to leave the jar closed

A full shelf can feel like doing something. The mill still wants a plate, a walk, and a night. You are not behind if your cabinet is ordinary. You are not too late. Your mills are still minting every second of every day.

The question

Will you learn the form before you buy a bottle? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, keep food first tonight. If a reason for the shelf appears, take the form — not the brand — to someone who knows you. That is magnesium, kept as literacy.

If you want to keep learning, keep flowing with our Currents. Flexibility is next.

Notes

- This is education. It does not diagnose, treat, dose, or claim to cure.
- It does not replace your physician, your medications, or the care you already have. Kidney insufficiency and interacting medicines belong with licensed care.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell IVs, lab panels, wearables, or bottles as the price of belonging.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.