

Supplementing with Magnesium

Many people find it hard to get enough magnesium from the food they eat and decide to take magnesium supplements (usually, pills or liquids). When used in supplements, the magnesium is combined with other compounds to make the magnesium more “bioavailable” – that is, to improve its absorption and use in the body. These combined Magnesium formulations also help to address other specific needs. You can pick a single formulation or a combination product that has more than one type of magnesium.



If you've had stomach or intestinal problems with magnesium in the past, don't despair, there are gentler formulations available! Typically, a daily magnesium dose of 200 to 400 mg is recommended. Always search out a high-quality supplement and read the label before buying.

Magnesium oxide combines magnesium and negatively charged oxygen ions. It is easy to find and affordable, but also less bioavailable than other magnesium types. Magnesium oxide is often used as a laxative or for heartburn relief.

Magnesium citrate is one of the most common magnesium formulations and has better absorption than magnesium oxide. Like magnesium oxide, **do** use magnesium citrate for constipation but probably **do not** use it if you want to avoid diarrhea. It's also helpful for kidney function.

Magnesium glycinate has high bioavailability and is gentle on the digestive system. Glycine, an amino acid, has calming properties, making this a good option to improve sleep and reduce anxiety.

Magnesium malate may contribute to cellular energy production and muscle health (including muscle cramps). This formulation is gentle on digestion and has been recommended for people with conditions like fibromyalgia and chronic fatigue.

Magnesium taurate is easy to absorb and gentle on the stomach and is often used to support cardiovascular and nervous system health. The amino acid taurine enhances magnesium's calming effects on the heart and muscles, and this formulation has been recommended to benefit hypertension, arrhythmias, and stress-related conditions.

Magnesium l-threonate is a newer magnesium formulation that supports brain health and cognitive function, with minimal effect on the digestive system. It combines magnesium with L-threonic acid, a substance produced when vitamin C breaks down. It's important to know that magnesium l-threonate is more expensive and contains less elemental magnesium per dose than other magnesium preparations.