Magnesium Citrate

What Is It?
Magnesium is an element that is an essential cofactor for many types of cellular reactions. It is involved in glucose (blood sugar) metabolism, plays a structural role in bones, cell membranes and chromosomes, and has a relaxing effect on nerves, muscles and the cardiovascular system. It is used in a variety of conditions including, but not limited to:

Migraine and other headaches, metabolic syndrome, anxiety, sleep, PMS, seizure disorders

It is also an important supplement to take for people who are on certain cardiovascular and ulcer medications (PPIs like Prilosec/Omeprazole). These medications deplete magnesium.

How Much Should I Take?
The dose is typically 300-600mg total daily. It can be taken in divided doses during the day or all at once in the evening for sleep/relaxation.

Is It Safe?
Magnesium citrate is very safe but may cause loose stools. It is recommended to gradually increase the dose over at least a week. Take the maximum dose without this side effect. Also, if you have problems with your kidney function you should talk to your provider before starting. Quality is very important when choosing over the counter supplements or herbs. If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!