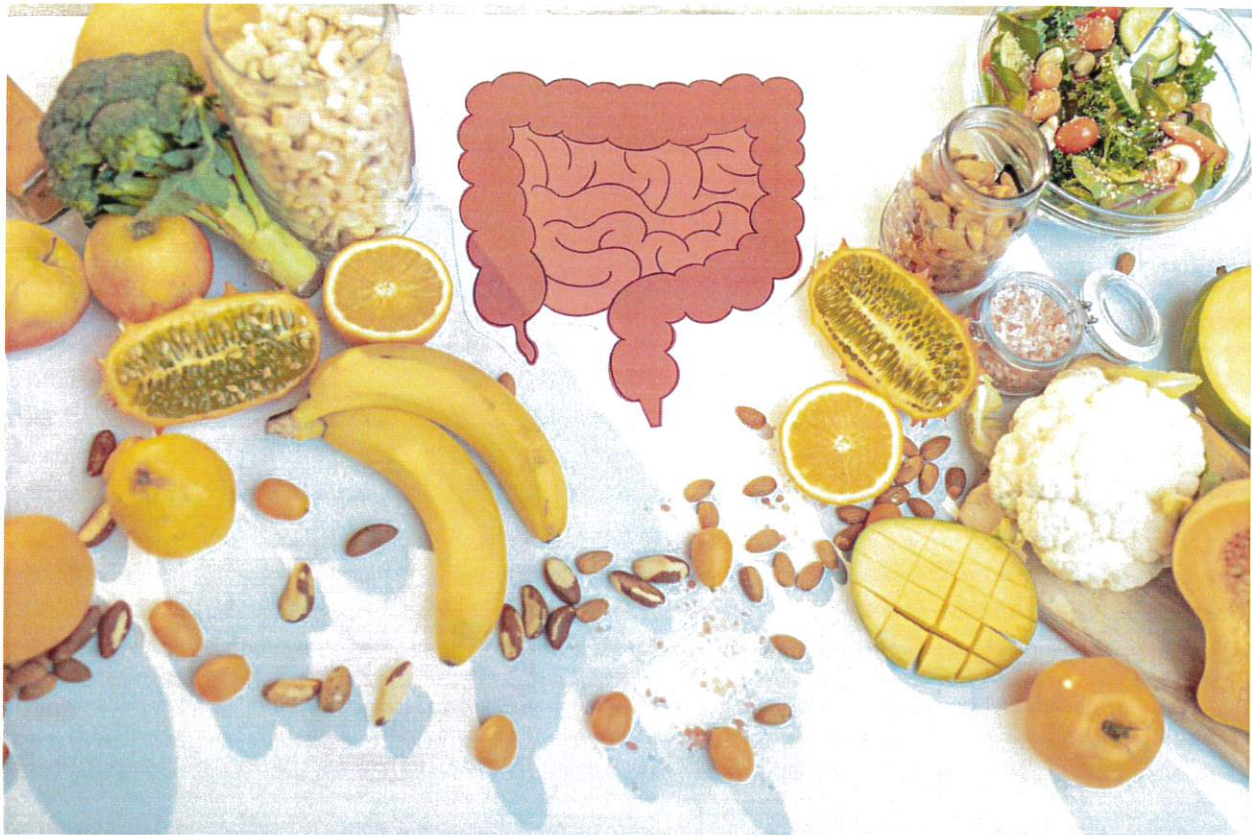


Magnesium Absorption



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It's important to get enough magnesium in your diet, but it's also essential to do things that help your body absorb it well. Only about [30% to 40%](#) of dietary magnesium is typically absorbed. So it's helpful to know what you can do to keep that rate from dropping too much.

There could be [several reasons](#) for reduced magnesium absorption. The most common reason is that other nutrients and compounds eaten with magnesium-rich foods interfere and make

absorption more difficult. One of these is phytic acid, a natural compound in many plant foods that can [impair the absorption](#) of magnesium along with other minerals, including [calcium](#), zinc, and [iron](#). Some nuts, seeds, legumes, and grains are high in phytic acid (levels can vary as much as 20x from one almond to another).

One way to mitigate impaired magnesium absorption is to eat foods rich in [vitamin C](#) (like citrus, red bell peppers, guava, and broccoli) when you're eating foods high in phytic acid. It turns out that vitamin C essentially neutralizes phytic acid. One study [found](#) that 30 milligrams (the equivalent of less than half a cup of strawberries or broccoli, or $\frac{1}{3}$ of a red pepper) was sufficient to eliminate phytic acid-related absorption issues.

In addition to consuming vitamin C-rich foods alongside food that are high in phytic acid, some other ways to [boost your absorption](#) of magnesium include:

- Reducing or avoiding calcium supplements at least two hours before or after eating
- Avoiding high-dose zinc supplements
- Getting enough vitamin D
- Eating some vegetables raw
- Eating sprouted, soaked, and fermented grains to reduce their inhibitory phytic acid content
- Not smoking