



# Sunny Meadow

MEDICAL CLINIC

## Magnesium Overdose & Interactions



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Overdosing on magnesium is really only possible if you're taking supplements that contain the mineral. Dietary sources of magnesium are highly unlikely to result in toxic levels accumulating in your body, as your kidneys can typically filter out any excess.

Large doses of magnesium from dietary supplements or medications can cause diarrhea, nausea, and abdominal

cramping. Diarrhea from magnesium happens because the unabsorbed salts in the intestine and colon stimulate gastric motility. In other words, magnesium makes things move pretty quickly through your intestinal tract. This is why magnesium is sometimes used to [alleviate mild constipation](#). Magnesium carbonate, chloride, gluconate, and oxide are more likely to cause diarrhea.

[Early signs](#) of excessive magnesium intake can include low blood pressure, facial flushing, depression, urine retention, and fatigue. Eventually, if untreated, these symptoms can worsen and include muscle weakness, difficulty breathing, irregular heartbeat, and even, in very rare cases, cardiac arrest.

Extremely high doses can result in hypermagnesemia — or very high levels of magnesium in the bloodstream. Hypermagnesemia can become fatal, especially if your kidneys are not functioning optimally. Large doses of [laxatives and antacids](#) that contain magnesium may be a contributing factor to magnesium toxicity, typically when they're providing over 5,000 mg of magnesium per day.

Lastly, magnesium supplements can [interact](#) with certain medications. For instance, bisphosphonates used to slow or prevent bone loss, antibiotics for bacterial infections, diuretics to promote water loss, or proton pump inhibitors often prescribed for management of acid reflux. Interactions may include excessive loss of magnesium, formation of insoluble complexes, and reduced efficacy of the medication.

## **Recommended Intake for Magnesium Supplements**

How much magnesium is too much? There isn't any known danger from eating too much magnesium from food. But there is a

recommended [upper intake level](#) (UL), which clarifies the highest amount deemed safe to consume per day supplementally. Please note that this is *in addition* to your dietary magnesium.

- Birth to 12 months: None established
- 1–3 years: 65 mg
- 4–8 years: 110 mg
- 9–18 years, including pregnant or lactating women: 350 mg
- 19+ years, including pregnant or lactating women: 350 mg