



# Sunny Meadow

MEDICAL CLINIC

## Should You Take a Magnesium Supplement?



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The best way to get magnesium, as with most vitamins and minerals, is to eat foods that are rich in it.

If your blood levels are low, or you have some of the symptoms of magnesium deficiency, then you may also want to consider supplementation. But keep in mind that supplementation

increases the risk of magnesium overdose, so it's important to know the appropriate dosage and not take too much.

## Magnesium Types

There are many types of magnesium supplements to choose from. Some of the most common include:

- **Magnesium oxide** is often prescribed (and is the form found in milk of magnesia). But this type of magnesium is more likely to cause diarrhea because [higher doses](#) are typically needed to have an impact. Furthermore, magnesium oxide only has an absorption rate of [around 6%](#).
- **Magnesium citrate** (magnesium bound with citric acid) can have a [laxative effect](#), which may help with constipation. It's also often recommended for migraine prevention and is [highly bioavailable](#).
- **Magnesium glycinate** contains the amino acid glycine, which works with brain neurotransmitters like GABA to [promote calmness](#) and improve sleep. It also has an anti-inflammatory effect, but doesn't work as well for alleviating constipation.
- **Magnesium gluconate** treats [magnesium deficiency](#). It appears to have the [highest bioavailability](#) among magnesium salts.
- **Magnesium chloride** is a magnesium salt combined with chlorine. It's well-absorbed and often [prescribed](#) for heartburn, magnesium deficiency, and constipation.
- **Magnesium lactate** is a magnesium salt combined with lactic acid. It's less common as an over-the-counter supplement than other forms of magnesium. It's more commonly used to fortify foods and drinks. Still, supposedly



gentler on the [intestinal tract](#) than some other forms, which can be helpful for people who require large doses.

- **Magnesium malate** contains malic acid, which is found naturally in fruits and wine. It has a higher [absorption rate](#), which may be useful for treating magnesium deficiency. This form is common in the treatment of chronic fatigue syndrome or [fibromyalgia](#), although the jury is still out on its effectiveness.
- **Magnesium taurate** contains the amino acid taurine and may help regulate [blood pressure](#) and [blood sugar](#) levels. Its potential heart health benefits have primarily been observed in [animal studies](#). So more research on human applications is needed.