

# Oral Magnesium Supplements

## Integrated Chronic Care Service

Name: \_\_\_\_\_

- Your health care provider has suggested you take an oral (by mouth) magnesium supplement. This may be a capsule, liquid, or a powder.
- Your health care provider has recommended:
  - Magnesium citrate
  - Magnesium bisglycinate/glycinate

Magnesium usually comes in 150 mg or 200 mg doses (amounts), but there are other doses available. **Start at \_\_\_\_\_ mg a day and work up to \_\_\_\_\_ mg \_\_\_\_\_ times a day.**

- **Do not** use magnesium oxide/hydroxide or other inorganic magnesium salts. They are not absorbed as well and may cause diarrhea (loose, watery poop).
- **Take magnesium with meals.** Divide the total amount you take each day between your meals and snacks, however you choose.
- Studies have shown that more magnesium can help with sleep. You may find it helpful to take a dose at bedtime. If this bothers your stomach, take it with a small snack.
- See the pamphlet *Food Sources of Magnesium* to learn about high-magnesium foods you can choose:
  - › [www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0128.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0128.pdf)

### Helpful hints

- Start with a small dose of magnesium (see next page). You can also try splitting the dose between 2 meals.
- Increase the dose very slowly over time (every 3 to 7 days). Most people are able to increase the dose by doubling it (see sample schedule on the next page). If doubling the dose upsets your stomach, you may need to split the dose. For example, take 150 mg with breakfast and 150 mg with supper. This should help lower the risk of diarrhea.

- If you start to have diarrhea, go back to the last dose you tolerated (accepted) well, even if it means you are taking less than your health care provider recommended. Find the right dose for you.

### **Sample schedule:**

Day 1: Take 150 mg with supper.

Day 2: Take 150 mg with supper.

Day 3: Take 150 mg with supper.

Day 4: Take 150 mg with supper.

Day 5: Take 150 mg with supper.

Day 6: Increase the dose to 300 mg (take 150 mg with breakfast and 150 mg with supper).

Day 7: Take 300 mg (150 mg with breakfast and 150 mg with supper).

Keep increasing the amount of magnesium until you reach the recommended dose or the maximum amount you can tolerate well.

**If you have any questions or concerns, or you are having trouble changing the amount of magnesium you take, call the nurse:**

› Phone: 902-860-3066

My health care provider: \_\_\_\_\_

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit: <https://811.novascotia.ca>

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*Designed by: Nova Scotia Health Library Services*