

MAGNESIUM

What is Magnesium?

We talk a lot about calcium but magnesium is a “behind the scenes mineral” that deserves some extra attention.

Magnesium is required for over 300 reactions within the body! It is an important mineral for bone health. Women need 320 mg and men need 420 mg of magnesium daily. Magnesium may be beneficial for sleep, relaxation, constipation, muscle cramps and pain (though these statements have not been evaluated by the FDA).

Historically we obtained magnesium through eating fruits, vegetables, nuts and seeds. Unfortunately our soil has been depleted of nutrients.

There are numerous forms of magnesium available over-the-counter.

- 1) **Magnesium oxide** is poorly absorbed. It can assist with constipation but is not likely to provide any additional benefits.
- 2) **Magnesium citrate** is readily available over-the-counter and is better absorbed than magnesium oxide. It can cause loose stools but this may be beneficial if one is suffering from constipation. Be sure to use magnesium citrate pills, not Mag citrate bowel prep!
- 3) **Magnesium glycinate** is easier on the gastrointestinal tract, less likely to cause loose stools and well absorbed.

Dosing:

<i>Magnesium oxide</i>	400 mg nightly
<i>Magnesium citrate (PILLS not Mag Citrate liquid)</i>	100-150 mg nightly
<i>Magnesium glycinate</i>	100 -150 mg nightly

Things to Know

It is strongly recommended to take magnesium in the evening as it can interact with numerous medications that are traditionally taken in the morning including thyroid medication such as levothyroxine or oral bisphosphonates such as alendronate, risedronate, or ibandronate. Additionally, magnesium may help with relaxing muscles and inducing sleep.

Many medications deplete magnesium and decrease its absorption. These medications include proton pump inhibitors (taken for heartburn and GERD) such as omeprazole (Prilosec), esomeprazole (Nexium), dexlansoprazole (Dexilant), rabeprazole (Aciphex) and pantoprazole (Protonix), as well as certain antibiotics and blood pressure medications.

If you have kidney problems, please check with your kidney specialist before starting magnesium supplementation.

Magnesium-Rich Food Sources

Food Item	Serving Size Approx.		Magnesium in Mg
Almonds	1 oz	23 nuts	76.5
Avocado	1 medium		58.3
Bananas	1 medium		31.9
Beans, white	100 grams	1/2 cup	190
Beans, black	2.11	1/2 cup	171
Broccoli, raw	100 grams	1 cup	21
Bulgar, cooked	100 grams	1/2 cup	32
Cashews, dry roasted	1 oz	18 nuts	73.7
Dark Chocolate (70-85%)	100 grams	1 bar	228
Edamame, cooked	100 grams	1 cup	62
Figs, dried	100 grams	2/3 cup	68
Halibut, cooked	100 grams	1/3 fillet	28
Kale	100 grams	5 cups	33
Lentils, cooked	100 grams	1/2 cup	36
Mackerel, cooked	100 grams	1 small fillet	97
Okra, raw	100 grams	8 pods	57
Oysters, steamed	100 grams	3 oysters	36
Peanuts, shelled	1 oz	28 peanuts	49.9
Plantain, raw	1 medium		109
Pollock, cooked	100 grams	1 large fillet	37
Potato, baked	1 medium		39
Prunes, dried	100 grams	10 prunes	41
Quinoa, cooked	100 grams	over 1/2 cup	64
Rice, brown/wild	100 grams	1/2 cup	37
Rockfish, cooked	100 grams	2/3 fillet	33
Salmon, cooked	100 grams	1/3 fillet	37
Scallops, cooked	100 grams	8 scallops	44
Seeds, pumpkin/squash	1 oz	142 seeds	168
Soy milk	1 cup		36.6
Spinach, cooked	100 grams	over 1/2 cup	87
Swiss chard, cooked	100 grams	over 1/2 cup	86
Tofu	100 grams	8 pieces	60
Tuna, cooked	100 grams	1 large fillet	64
Yogurt, plain	1 cup		29.4
Whole Grain Cereal	1 cup		52.4

Original text courtesy of Andrea Schaffer, PA-C, MPAS and the U.S. Department of Agriculture