

THE COACH'S PLAN

The Magnesium Form Plan

For anyone standing in the supplement aisle wondering why one magnesium bottle costs four dollars and the one beside it costs twenty four.

350 mg

The supplement ceiling

NIH upper limit from supplements alone, food not counted

420 mg

The daily target

Where recommended intake tops out for adults

5

Forms worth telling apart

Oxide, citrate, malate, glycinate, threonate

Magnesium is one mineral sold in half a dozen chemical outfits, and the outfit decides how much of it you keep. The cheapest one on the shelf is the same compound pharmacies sell to move your bowels, which is a clue about where most of it ends up.

What the evidence actually says

- 1 NIH Office of Dietary Supplements states that forms which dissolve well in liquid are more completely absorbed than poorly soluble forms.
- 2 The same fact sheet names citrate, lactate, aspartate and chloride as better absorbed than oxide and sulfate.
- 3 MedlinePlus lists magnesium oxide as a laxative and antacid, which is the cheapest form in the supplement aisle.
- 4 The upper limit for supplemental magnesium is 350 mg a day for adults, with diarrhea as the limiting side effect.
- 5 Cleveland Clinic points people toward glycinate for daily and bedtime use and citrate when constipation is the goal.

Your 3-step plan

1 Step 1: Find the second word on the label

The word after magnesium is the whole decision. Oxide and sulfate are the cheap, poorly absorbed end. Citrate, malate, glycinate and threonate are the better absorbed end. If the label only says magnesium with no second word, put it back.

2 Step 2: Match the form to the hour you take it

Malate is the daytime form, paired with malic acid that sits inside your cellular energy pathway. Glycinate and threonate are the evening forms most often chosen for winding down. Buying the wrong one for your goal is a more common mistake than buying too little.

3 Step 3: Count every milligram you already take

Multivitamins, electrolyte powders and stress formulas all carry magnesium, and the 350 mg supplement ceiling counts them together. Add them up first. Food magnesium from seeds, greens, beans and whole grains is not part of that ceiling and does not need to be counted.

The safety line

This plan is education, not medical advice. Magnesium supplements interact with several antibiotics, with bisphosphonates and with some diuretics, and anyone with reduced kidney function should not take supplemental magnesium without medical supervision. Loose stools are the usual first sign of too much.

Read the full article: <https://www.agelesscoach.com/articles/the-cheapest-magnesium-is-sold-as-a-laxative>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.