

# The Magnesium Dosing Plan

Four steps, every box checkable. Print it, fridge it, take it to the shop.

**350**MG · YOUR DAILY  
SUPPLEMENT CEILING

## 1 Read the second word on the label

*The word after "magnesium" decides how much you keep.*

- |                                                                                                        |                                                                                            |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Keep:</b> glycinate, malate, threonate. The absorbed end of the shelf.     | <input type="checkbox"/> <b>By goal:</b> citrate, useful when constipation is the goal.    |
| <input type="checkbox"/> <b>Skip:</b> oxide and sulfate, the flush-through end. Oxide is the laxative. | <input type="checkbox"/> <b>Skip:</b> any label with no second word. That's usually oxide. |

## 2 Match the form to the hour you take it

*One form, one hour. Pick the hour that matches your goal.*

- |                                                                                                                                       |                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Morning:</b> malate, with breakfast. Gentler with food.                                                   | <input type="checkbox"/> <b>Evening:</b> glycinate or threonate, with or after dinner.                          |
| <input type="checkbox"/> <b>On medication?</b> Antibiotics, bisphosphonates and diuretics need a few hours' gap. Ask your pharmacist. | <input type="checkbox"/> <b>Kidney function reduced?</b> No supplemental magnesium without medical supervision. |

## 3 Count what you already take, then buy only the gap

*Bottles count toward 350 mg. Food never does.*

- |                                                                    |                                                                         |
|--------------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Multivitamin counted: _____ mg            | <input type="checkbox"/> Electrolyte drink or powder counted: _____ mg  |
| <input type="checkbox"/> Stress or sleep formula counted: _____ mg | <input type="checkbox"/> Antacid counted (many are magnesium): _____ mg |

Total with your new bottle stays **under 350 mg**. Over? Drop the accidental sources first. Dinner never counts.

## 4 Use a bottle that passes all three checks

*Judge any bottle in the aisle in 30 seconds.*

- |                                                                                         |                                                                                   |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Form named</b> as the second word on the label.             | <input type="checkbox"/> <b>Elemental mg per serving</b> printed, not per bottle. |
| <input type="checkbox"/> <b>Independent certifier:</b> NSF or USP, not a house promise. | <input type="checkbox"/> <b>Fits under your ceiling</b> from step 3.              |

### THE BOTTLE WE'D BUY

#### Momentous Magnesium Malate

Passes every check above: named form, **220 mg elemental per serving** printed, **NSF Certified for Sport**. About **60 cents a day**. Sleep goal? Choose a glycinate instead.

[Shop the bottle →](#)[Link works right from this PDF](#)