Choosing magnesium glycinate or citrate safely

Use these steps from the article before starting magnesium glycinate or magnesium citrate.

- [ ] Choose magnesium citrate only for occasional, short-term constipation.
- [ ] Choose magnesium glycinate when a gentler daily supplement is the goal.
- [ ] Ask a doctor first with any history of kidney disease.
- [ ] Ask a pharmacist about bisphosphonates, antibiotics, diuretics and proton pump inhibitors.
- [ ] Read the elemental magnesium amount on the Supplement Facts panel.
- [ ] Keep supplemental magnesium within 350 mg per day as an adult unless a clinician advises otherwise.
- [ ] Take other medicines at least 2 hours before or after magnesium citrate.
- [ ] Stop magnesium citrate after 1 week unless a doctor directs longer use.
- [ ] Call a doctor for blood in the stool or no bowel movement after magnesium citrate.
- [ ] See a doctor for a change in bowel habits that lasts more than 2 weeks.

Notes

For general education only. Not a substitute for professional medical advice.