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Description Magnesium is used as a dietary supplement for individuals who are deficient in magnesium. Although a balanced diet usually supplies all the magnesium a person ...

Could your magnesium supplement be causing diarrhea? Find out why the dose of magnesium in your supplement matters, and which forms of magnesium are less likely to ...

Answer: Magnesium L-threonate is composed of magnesium bound to threonic acid (EFSA Panel, EFSA J 2024). Compared to other forms of magnesium, magnesium L ...

ConsumerLab purchased and tested 15 popular magnesium supplements, including softgels, capsules, tablets, liquids, and gummies, to help identify the best ...

Find out how much magnesium you should be getting on a daily basis, signs of magnesium deficiency, and how much magnesium is too much, particularly from magnesium ...

Trying to find the best magnesium supplement? ConsumerLab tested popular forms and brands. Find out which ones passed our review and tests, which failed, and which ...

Find out about interactions between magnesium supplements and over-the-counter antacids and laxatives such as Maalox, antibiotics, and statins and diabetes medications. ...

Information about magnesium including independent product reviews and comparisons, warnings, recalls, side effects, clinical use updates, and news.

Magnesium is important for maintaining the electrical stability of the heart and proper heart rhythm. Having low blood levels of magnesium or getting too little magnesium ...

Info on magnesium supplement side effects, such as stomach upset, nausea and diarrhea. Learn about magnesium dosage, safety and drug interactions.

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