

MAGNESIUM?

Despite how essential it is to consume enough magnesium on a regular basis, many adults are believed to be magnesium-deficient — up to 70 percent to 90 percent of the population, according to some findings. This means that the majority of people living in industrialized nations, even many who think they eat a mostly “balanced diet,” are missing out on the many benefits of magnesium. These include its ability to help manage pain, decrease digestive issues and support quality sleep. This is where a magnesium supplement such as magnesium glycinate comes in.

Given how common magnesium deficiency can be, many practitioners now recommend magnesium supplements to their patients, which fortunately are easy to find, inexpensive and available in a number of forms, including powders, salts, topical oils and capsules. One type of magnesium supplement that is often recommended by doctors due to its high absorption rate is magnesium glycinate — a form that has added benefits due to containing the amino acid glycine, which is known for having calming qualities.

Magnesium is both an essential mineral and electrolyte. It's involved in the regulation of cellular stress and activity, which means people experiencing lots of stress may benefit from getting more.

The absorption rate and bioavailability of magnesium supplements differ depending on the kind. Usually types that are chelated and those that dissolve in liquid are better absorbed in the gut than less soluble forms. Magnesium glycinate is a chelated form. This means it tends to be better utilized by the body than other forms that are excreted more easily.

USES

Magnesium is an essential mineral that's very important for many aspects of health, since it's involved in hundreds of bodily functions, including:

- Blood pressure regulation
- Protein synthesis
- Energy production
- Blood sugar control
- Digestive processes like moving stools through the intestine
- Regulation of heartbeat rhythms
- Neurotransmitter functions, including those involved in sleep and mood stabilization
- Balance of nitric oxide in the body
- Growth and development in babies and children
- Functions of nerves, muscles and tissue
- Production of stomach acid

Other benefits of magnesium glycinate may include:

- Reduced leg cramps during pregnancy
- Less muscle spasms and cramps among athletes
- Improved athletic performance and recovery from workouts
- Improved quality of life, flexibility and functionality among people with chronic pain
- Help controlling blood sugar among those with diabetes/insulin resistance
- Improved bone health among those susceptible to bone fractures

Most studies have used magnesium glycinate doses in the range of 250 to 350 milligrams per day, which has been shown to be effective for reducing symptoms like cramps, headaches and restlessness. Higher doses around 400 to 500 milligrams daily are also used to manage anxiety and trouble sleeping, while very high doses around 1,000 milligrams per day are sometimes administered by doctors under supervision.



Fights
Osteoporosis

Pregnancy
Benefits



Reduces
Risk of
Diabetes

Lowers
Blood
Pressure



Fights
Depression

Relieves
Leg Cramps



Helps
Prevent
Migraines

Reduces
Insulin
Resistance



Anti-inflammatory
Benefits

Boosts
Exercise
Performance



Most authorities state that doses less than 350 milligrams daily is safest for most adults. In other words, the “daily upper intake level” for magnesium is about **350 to 400 mg/day** for anyone over 8 years old.

Is it safe to take magnesium glycinate daily?

Yes, unless you're suffering from a known health problem that can make it difficult to maintain normal magnesium levels, such as kidney disease/failure. To prevent potential side effects, stick to the proper dose of magnesium, and aim to have no more than 300–400 milligrams at one dose. Otherwise, a daily magnesium supplement should be safe as long as you don't notice any symptoms like diarrhea.

Should I take magnesium in the morning or at night?

The best time of day to take magnesium for most people is right before bed. It's also a good idea to split doses, taking some in the morning and some at night, which can help with absorption. That said, magnesium can be taken at any time that is most convenient and easiest to stick with.

Potential magnesium glycinate side effects may include diarrhea, cramping and digestive upset. Rarely, when very high doses of magnesium are taken, complications can occur including irregular heartbeats, low blood pressure, confusion and lowed breathing.