

9 Types of Magnesium: What They Do, and Precautions.

Type of Magnesium	What it Does	A Few Cautions
<p>Magnesium Oxide The inorganic salt of magnesium formed with ions of magnesium and oxygen. When combined with water, it forms magnesium hydroxide and reduces stomach acid.</p>	<p>Used to help uncomfortable digestive symptoms, such as heartburn, indigestion, and constipation. Occasionally, used to treat migraines, headaches and anxiety.</p> <p>Because of its low absorption rate, it is not generally seen as the best magnesium option to raise basic magnesium levels, however it is precisely because it is not well absorbed that makes it a good osmotic laxative.</p>	<p>Because of its laxative effect, magnesium oxide may lead to diarrhea, bloating and other gastrointestinal upset.</p>
<p>Magnesium Chloride A compound salt derived from the combination of magnesium with the mineral chloride, a naturally occurring element found in brine and sea water.</p>	<p>Used to treat heartburn, constipation, and can be applied topically to relieve muscle soreness. Generally considered an option to increase basic magnesium levels.</p> <p>As an electrolyte, the mineral chloride functions to regulate blood pressure, blood volume and fluid balance.</p>	<p>Magnesium chloride may have less of the general laxative effects widely associated with most magnesium but you may still experience diarrhea, bloating and other gastrointestinal upset.</p>
<p>Magnesium Sulfate A compound salt that is formed when magnesium is combined with sulfuric acid, which is an ion made of sulfur atoms and oxygen atoms.</p>	<p>Commonly known as Epsom salt, used by dissolving in water to treat stress and sore muscles.</p> <p>Magnesium sulfate can also be administered via supplement as a laxative and in hospital settings to treat a variety of conditions such as pre-eclampsia, seizures, and cardiovascular issues, to name a few.</p>	<p>Along with the typical laxative effects of magnesium, magnesium sulfate dispersed via IV or injection may cause various reactions such as flushing, heart disturbances, weakness, low blood pressure, cold feeling, headache and more.</p>
<p>Magnesium Orotate A compound salt that is formed when magnesium is combined with orotic acid, which is derived from cow's milk and other foods, and helps to carry magnesium to the cells.</p>	<p>Used to improve heart health by improving energy production, lowering blood pressure and improving blood vessel tissue.</p>	<p>Magnesium orotate tends to have less laxative side effects than other types of magnesium, however you may still experience some gastrointestinal upset.</p>



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<p>Magnesium Citrate: A compound of magnesium and citric acid, which is an osmotic laxative</p>	<p>Well absorbed by the digestive tract so a good option to help raise basic magnesium levels.</p> <p>Helps with constipation. Found in over the counter laxatives.</p>	<p>Excessive magnesium citrate intake can lead to diarrhea, dehydration and electrolyte imbalance and laxative dependence.</p>
<p>Magnesium Glycinate: A compound of magnesium and glycine, an amino acid with sleep-promoting effects.</p>	<p>Used for its calming effects to treat anxiety, depression, and to help conditions like restless leg syndrome, which helps improve sleep.</p> <p>One of the more absorbable forms that tends to cause less digestive and laxative effects than other types of magnesium.</p>	<p>May cause the typical laxative side effects of magnesium including diarrhea, gastrointestinal irritation.</p> <p>Excessive magnesium glycinate may cause kidney issues, nervousness, irritability, seizures, nausea, vomiting and diarrhea.</p>
<p>Magnesium L-threonate A newer form of magnesium, it is a mineral salt consisting of magnesium bound to the amino acid L-threonic acid.</p>	<p>Used to support brain health, and may aid in the treatment of disorders like depression, Alzheimer's, and memory loss. May also help with pain.</p>	<p>Because it is new, there is little research on the side effects. However, taking too much could lead to magnesium's laxative effect, such as diarrhea, nausea, and abdominal cramps.</p>
<p>Magnesium Taurate A compound of magnesium and taurine, a non-protein amino acid found in animal tissues.</p>	<p>Used to manage high blood sugar and high blood pressure as well as to aid in recovery after traumatic brain injury. May also lower anxiety.</p>	<p>Along with the typical laxative side effects of most magnesium, such as diarrhea, etc., taurate may lower blood sugar too much, leading to hypoglycemia.</p> <p>Because taurine is often in caffeinated beverages, too much taurine may lead to cardiac effects and could be dangerous if taken together in excess.</p>
<p>Magnesium Malate A compound of magnesium and malic acid, which is an alpha-hydroxy acid (AHA) found naturally in some fruits and vegetables.</p>	<p>Well absorbed by the digestive tract so a good option to help raise basic magnesium levels.</p> <p>Sometimes used in pain relief in chronic conditions such as fibromyalgia and to aid in chronic fatigue syndrome symptoms.</p>	<p>Magnesium malate is thought to cause less gastrointestinal side effects than other forms of magnesium, but taking it in excess may still lead to laxative effects.</p>



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