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Current guidance
NIH ODS · Cleveland Clinic · MedlinePlus

The Magnesium Habit Plan

Four steps, one a check. Print it and take it to the shop.

350
MG · THE DAILY CAP ON SUPPLEMENT MAGNESIUM

1 Find out if you are actually short

A food-first check, not a heavy pill

- [ ] **Know** many US diets fall below the magnesium target, ODS reports.
- [ ] **Skip** the blood test chase; serum levels reflect status poorly.
- [ ] **Ask** your clinician if a condition or medicine depletes magnesium.
- [ ] **Start** with food and symptoms, not a megadose.

2 Pick a format you will take every day

Adherence beats a perfect form you skip

- [ ] **Choose** a well-absorbed form: citrate and malate beat oxide.
- [ ] **Match** the format to your life: chew, powder or capsule.
- [ ] **Favor** the one you will actually take every single day.
- [ ] **Avoid** the bargain oxide pill bought only for its big number.

3 Add up the magnesium you already get

Your multivitamin counts toward the cap

- [ ] **Count** multivitamins, electrolyte powders and stress formulas.
- [ ] **Stay under** 350 mg a day from supplements, the ODS upper limit.
- [ ] **Remember** food magnesium does not count toward that ceiling.
- [ ] **Watch** for loose stools, the first sign of too much.

Loose stools after your magnesium are the dose leaving without being absorbed, not a benefit; ease off if they appear.

4 Choose a chew with a well absorbed form

A form you take beats one you abandon

- [ ] **Look** for magnesium citrate and malate on the label.
- [ ] **Pick** a format, like a chew, you will not skip.
- [ ] **Fill** only the gap your food and other pills leave.

THE BOTTLE WE'D BUY

MegaFood Relax + Calm Magnesium Chews

Two soft chews give 250 mg of magnesium as citrate and malate, two well-absorbed forms, in a format you will actually take. About a dollar a day.

Shop the chews →

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