



Magnesium for Constipation

Magnesium is a mineral that is essential for overall physical health. The laxative effect of magnesium appears to come through two different mechanisms. Magnesium relaxes the muscles in the intestines which helps to establish a smoother rhythm. Magnesium also attracts water; this increased amount of water in the colon serves to soften the stool, helping to make stools easier to pass.

If you suffer from any kind of kidney disease do not take extra magnesium.

In the case of magnesium, it may be unwise to take an additional supplement if you are already regularly taking antacids or laxatives that contain magnesium. Read labels carefully so as to prevent a buildup of unhealthy magnesium levels in your body.

Supplemental magnesium also carries the risk of interfering with the effectiveness of some prescription medications.

Diuretics, chemotherapy agents (cisplatin), antibiotics (gentamicin and amphotericin) may lower magnesium levels. Tetracycline absorption is decreased by magnesium.

Magnesium supplements come in a variety of forms. Just be careful that the magnesium supplement you choose does not contain calcium, as calcium supplements offer the possibility of constipation. If for other health reasons, your doctor recommends that you take supplemental calcium, discuss the possibility of finding a magnesium/calcium ratio that does not compound your constipation problem.

One magnesium pill of 350 mg per day of magnesium supplement is felt safe for healthy adults. Some individuals see better bowel movements with 200-500 mg of Magnesium gluconate, oxide or citrate in the morning and evening. The dose for magnesium is individual, so begin low and increase the dosage as needed. Reduce the dosage if you experience loose bowels. Unlike irritating laxatives, magnesium does not create laxative dependency. Magnesium may help PMS, mood, insomnia, diabetes, hypertension, and heart disease as well.

Milk of magnesia is a very different product not intended to be used as a dietary supplement. Milk of magnesia is an osmotic laxative, which works by drawing water into the intestines, which stimulates bowel motility and increases the size of the stool. In general, osmotic laxatives, such as milk of magnesia, are considered to be safe to take on a regular, but not every day, basis.