

Magnesium for Tight Muscles

Magnesium can help with increasing muscle relaxation and blood flow that often produces a reduction in muscle aches, pain, cramping, headaches, insomnia, chronic fatigue, and constipation. Supports vitamin D availability within the body.

Recommended daily dose is 400-800mg. Taking magnesium at night can help promote better sleep and decrease GI upset. Expect improvement within 2-4 weeks.

Start slowly with 200-400 mg tablets to minimize loose stools. Depending on your body's absorption and the type of magnesium, you may experience loose stools if you take too much too fast. You can minimize this side-effect by increasing your dose slowly by about 200mg every 2-3 days and choosing the type of magnesium carefully.

Take plenty of water. Adjust accordingly to bowel tolerance.

Avoid taking within 60 minutes of other medications and supplements.

Where to buy: Local health food or drug store, online, amazon.com

Access Dr. Nourani's provider discounts for quality supplements via the following:

1. Emerson Ecologics Wellevate: <https://wellevate.me/bobby-nourani>
2. Fullscripts: <https://us.fullscript.com/welcome/bnourani>

Types of Magnesium	Notes
Magnesium glycinate	Easy on the stomach. Great absorption. Small laxative effect.
Magnesium taurate	Heart benefits. Easily absorbed. Small laxative effect.
Magnesium malate	Consider for chronic fatigue and fibromyalgia.
Magnesium gluconate	Small laxative effect.
Magnesium Orotate	Cardiovascular benefit. Small laxative effect.
Magnesium glycerophosphate	Good absorption and availability. Minimal laxative effect.
Magnesium citrate	Large laxative effect, good for constipation. Affordable.
Super Mag, CALM	Powder forms of magnesium to mix in a drink.
<u>Avoid the Following</u>	

Bobby Nourani, DO, FAAO

CAQ Pain Medicine

Board Certified Neuromusculoskeletal Medicine

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23101 Lake Center Dr Suite 315 Lake Forest, CA 92630 | 562-546-2811 office 810-202-7549 fax |

admin@drnourani.com | www.DrNourani.com

Magnesium oxide	Poorly absorbed. More likely to produce diarrhea. Avoid due to potential free radical damage.
Magnesium glutamate	Avoid. Forms glutamic acid which is neurotoxic.
Magnesium aspartate	Avoid. Forms aspartic acid which is neurotoxic.

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