

# MAGNESIUM SUPPLEMENTS

*mag-nee-zee-um*

## What does it do?

*Magnesium supplements* increase the amount of magnesium in your body.

## Before you start

- Tell your doctor if you have kidney or bowel problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *magnesium supplements* as directed with a glass of water.

## What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

## Can you take other medicines?

Some medicines available without a prescription may react with *magnesium supplements* including:

- antacids (e.g. Mylanta®)
- supplements containing calcium (e.g. Calci-Tab®), iron (e.g. Ferro-Tab®) or zinc (e.g. Zincaps®)  
– do not take these within two hours of *magnesium supplements*
- supplements that also contain magnesium (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

Side Effects	Recommended action
Symptoms of too much magnesium, including: facial flushing, thirst, muscle weakness, confusion, changes in heartbeat	Tell your doctor
Nausea, vomiting, diarrhoea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.