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Magnesium Malate, Threonate, AA Chelate 200 Mg/Scoop Oral Powder

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- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

Description

Side Effects Stomach upset and diarrhea may occur. Taking this product with a meal helps to reduce these effects. If either of these effects last or get worse, tell your doctor or pharmacist promptly. If your doctor has directed you to use this medication, remember that your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. Uses This medication is a mineral supplement used to prevent and treat low amounts of magnesium in the blood. Some brands are also used to treat symptoms of too much stomach acid such as stomach upset, heartburn, and acid indigestion. Magnesium is very important for the normal functioning of cells, nerves, muscles, bones, and the heart. Usually, a well-balanced diet provides normal blood levels of magnesium. However, certain situations cause your body to lose magnesium faster than you can replace it from your diet. These situations include treatment with “water pills” (diuretics such as furosemide, hydrochlorothiazide), a poor diet, alcoholism, or other medical conditions (such as severe diarrhea/vomiting, stomach/intestinal absorption problems, poorly controlled diabetes). How to use Magnesium Malate, Threonate, AA Chelate 200 Mg/Scoop Oral Powder Take this product by mouth as directed. Follow all directions on the product package. If you have any questions, ask your doctor or pharmacist. It is best to take magnesium supplements with a meal to reduce stomach upset and diarrhea unless otherwise directed by the product instructions or your doctor. Take each dose with a full glass (8 ounces or 240 milliliters) of water unless your doctor directs you otherwise. Swallow extended-release capsules and delayed-release/enteric coated tablets or capsules whole. Do not crush or chew extended-release or delayed-release/enteric coated capsules or tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Also, do not split extended-release tablets unless they have a score line and your doctor or pharmacist tells you to do so. Swallow the whole or split tablet without crushing or chewing. If you are taking the chewable tablets, chew each tablet thoroughly before swallowing. If you are using a liquid

product, use a medication measuring device to carefully measure the dose. Do not use a household spoon because you may not get the correct dose. If you are using a suspension, shake the bottle well before each dose. Take this medication regularly in order to get the most benefit from it. Remember to take it at the same time(s) each day. Dosage is based on your medical condition and response to treatment. Do not increase your dose or take it more often than directed on the product package or by your doctor. Too much magnesium in the blood can cause serious side effects. Tell your doctor if symptoms of low magnesium blood levels (such as muscle cramps, tiredness, irritability, depression) last or get worse. If you think you may have a serious medical problem, get medical help right away. Precautions Before taking a magnesium supplement, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. If you have the following health problem, consult your doctor or pharmacist before using this product: kidney disease. Liquids, powders, or some other forms of this product may contain sugar and/or aspartame. Liquid products may also contain alcohol. Caution is advised if you have diabetes, alcohol dependence, liver disease, phenylketonuria (PKU), or any other condition that requires you to limit/avoid these substances in your diet. Ask your doctor or pharmacist about using this product safely. During pregnancy, this product should be used only when clearly needed. Discuss the risks and benefits with your doctor. It is unknown if this product passes into breast milk. Consult your doctor before breast-feeding.

Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include slow heartbeat, severe drowsiness, dizziness, confusion, muscle weakness, loss of consciousness. Lab and/or medical tests (such as magnesium blood levels, kidney function) should be done while you are taking this medication. Keep all medical and lab appointments. Consult your doctor for more details. Magnesium supplements are available in different forms with different amounts of magnesium. Many are available without a prescription. Ask your doctor or pharmacist for help in selecting the best product for you. Eat a well-balanced diet. Foods high in magnesium include avocados, bananas, beans, whole grain cereals, green vegetables, and nuts. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Store at room temperature away from light and moisture. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. **Interactions** Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this drug are: cellulose sodium phosphate, digoxin, sodium polystyrene sulfonate. Magnesium can bind with certain medications, preventing their full absorption. If you are taking a tetracycline-type medication (such as demeclocycline, doxycycline, minocycline, tetracycline), separate the time of the dose from the time of the magnesium supplement dose by at least 2 to 3 hours. If you are taking a bisphosphonate (for example, alendronate), a thyroid medication (for example, levothyroxine), or a quinolone-type antibiotic (such as ciprofloxacin, levofloxacin), ask your doctor or pharmacist about how long you should wait between doses and for help finding a dosing schedule that will work with all your medications. Check the labels on all your prescription and nonprescription/herbal products (such as antacids, laxatives, vitamins) because they may contain magnesium. Ask your pharmacist about using those products safely.

Side Effects

Uses

Interactions

Other Details
