

Majestic Magnesium Bowel Movements

Common signs that your magnesium levels are too low are:

- anxiety or depression,
- headaches,
- fatigue or weakness,
- muscle tension, pain or cramps,
- low appetite,
- menstrual cramps,
- insomnia,
- constipation,
- elevated blood pressure and
- palpitations

Not sure how much magnesium to use? Each individual has different nutrient requirements that also may change over time, but the RDA (recommended daily allowance) is 300-400 mg per day. We find some patients require more, closer to 600 mg a day, it's generally safe to determine this level at home by slowly increasing your dose over time. Initially you will replenish your depleted stores, then you will find your "sweet spot" when you experience optimal stools. Ideally take your dose before bed to promote relaxation and facilitate a bowel movement on rising. Occasionally repeat the titration step to ensure you are still at your optimal dose with changes in stress levels and physical activity.



Start at an appropriate dose. eg. 1 cap, 1 scoop, 1 tsp, 100-150mg



Increase dose gradually by 1/2- 1 unit per day. eg 2 cap, 1.5 scoops, 1.5 tsp, 150-300 mg



Monitor for bowel tolerance. Repeat titration if no changes to bowels. Reduce dose by 1 unit if looser stools occur. This is your maintenance dose.

