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# **Magnesium Aspartate**

**Generic name:** Magnesium Aspartate **Drug class:** Minerals and electrolytes

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Uses Before taking Warnings Directions Side effects Overdose FAQ

# **Uses of Magnesium Aspartate:**

• It is used to treat or prevent low magnesium levels.

# What do I need to tell my doctor BEFORE I take Magnesium Aspartate?

All products:

- If you are allergic to magnesium aspartate; any part of magnesium aspartate; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- · If you have kidney disease.
- If you have a slow heartbeat.

## Powder for solution:

• If you have rare hereditary health problems like glucose-galactose malabsorption, fructose intolerance, or sucrase-isomaltase deficiency.

This is not a list of all drugs or health problems that interact with magnesium aspartate.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take magnesium aspartate with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

# What are some things I need to know or do while I take Magnesium Aspartate?

## All products:

• Tell all of your health care providers that you take magnesium aspartate. This includes your doctors, nurses, pharmacists, and dentists.

- This medicine may prevent other drugs taken by mouth from getting into the body. If you take other drugs by mouth, you may need to take them at some other time than magnesium aspartate. Talk with your doctor.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

#### Powder for solution:

This medicine may be harmful to the teeth if used often or for a long time. If you have questions, talk with the doctor.

# How is this medicine (Magnesium Aspartate) best taken?

Use magnesium aspartate as ordered by your doctor. Read all information given to you. Follow all instructions closely.

#### Tablets:

- · Take with meals.
- This medicine can be taken as a whole tablet or crushed.

#### Powder for solution:

- Mix powder in 50 to 200 mL of water, tea, or orange juice. Stir well and drink right away. Do not store for future use.
- Those who have feeding tubes may use magnesium aspartate. Use as you have been told. Flush the feeding tube
  after magnesium aspartate is given.

#### What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

# What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever;
   wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Magnesium aspartate side effects (more detail)

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# What are some other side effects of Magnesium Aspartate?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

• Diarrhea.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

# If OVERDOSE is suspected:

If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

# How do I store and/or throw out Magnesium Aspartate?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so.
   Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

# **Consumer Information Use and Disclaimer**

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions
  about magnesium aspartate, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

# Frequently asked questions

- When is the best time to take magnesium, morning or night?
- Should I take magnesium with or without food?
- Does magnesium help with restless leg syndrome (RLS)?
- Does magnesium help with headaches and migraines?
- Does magnesium help with weight loss?

View more FAQ...

# More about magnesium aspartate

- Check interactions
- · Compare alternatives
- Reviews (2)
- Side effects
- Drug class: minerals and electrolytes
- Breastfeeding

## Patient resources

Magnesium L-Aspartate Hydrochloride Tablets patient information

## Other brands

Maginex

# Related treatment guides

• Dietary Supplementation

# **Further information**

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

Medical Disclaimer

## Magnesium 101

Explore how magnesium supports sleep, mood, muscle recovery, and heart health.

Read our magnesium guide

## **DRUG STATUS**

Availability

**OTC** Over the counter

**CSA Schedule\*** 

N/A Not a controlled drug

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