

[Home](#)

2. Magnesium citrate

Magnesium citrate

Generic name: magnesium citrate [*mag-NEE-zee-um-SI-trate*]**Brand names:** [Citraate of Magnesia](#), Citroma Cherry, Citroma Lemon, ColonX, OneLAX Magnesium Citrate, ... [show all 8 brands](#)**Dosage forms:** oral capsule (100 mg; 125 mg; 133.3 mg), oral liquid (1.745 g/30 mL), oral tablet (100 mg), ... [show all 4 dosage forms](#)**Drug class:** [Laxatives](#)[Medically reviewed](#) by Drugs.com on Jan 8, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

What is magnesium citrate?

Magnesium citrate is used as a supplement to maintain adequate magnesium in the body.

Magnesium citrate is also used as a laxative to treat occasional [constipation](#).

Magnesium citrate may also be used for purposes not listed in this medication guide.

Magnesium citrate side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Magnesium citrate may cause serious side effects. Stop using magnesium citrate and call your doctor at once if you have:

- no bowel movement within 6 hours after taking the medicine;
- pain with bowel movements, rectal bleeding;
- watery [diarrhea](#), [nausea](#), [vomiting](#), severe stomach pain;
- painful or difficult urination;
- flushing (warmth, redness, or tingly feeling);
- a light-headed feeling, like you might pass out;
- weak or shallow breathing, slow heartbeats; or
- muscle weakness, increased thirst.

Common side effects of magnesium citrate may include:

- loose stools, diarrhea, stomach cramps;

- [upset stomach](#);
- dizziness; or
- increased [sweating](#).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Magnesium citrate side effects](#) (more detail)

Related/similar drugs

MiraLAX

MiraLAX (polyethylene glycol) is used as a laxative to treat occasional constipation or irregular ...

Reviews & ratings

7.2 / 10

[262 Reviews](#)

[View more](#)

Colace

Colace makes bowel movements softer and is used to treat or prevent constipation. Includes Colace ...

Reviews & ratings

6.3 / 10

[18 Reviews](#)

[View more](#)

FEATURED

Ozempic

Learn about Ozempic (semaglutide) for type 2 diabetes treatment, weight management, cardiovascular ...

Reviews & ratings

6.6 / 10

[1,504 Reviews](#)

[View more](#)

Linzess

Linzess (linaclotide) is used to treat chronic idiopathic constipation, irritable bowel syndrome ...

Reviews & ratings

6.7 / 10

[884 Reviews](#)

[View more](#)

Dulcolax

Dulcolax (bisacodyl) is a laxative used to treat constipation. Includes Dulcolax side effects ...

Reviews & ratings

5.3 / 10

[1,158 Reviews](#)

[View more](#)

Senna

Senna is a laxative is used treat constipation. Includes senna side effects, interactions and ...

Reviews & ratings

5.3 / 10

[308 Reviews](#)

[View more](#)

Warnings

Follow all directions on the label and package. Use exactly as directed.

Before taking this medicine

Ask a doctor or pharmacist if magnesium citrate is safe to use if you have or have ever had:

- a sudden change in bowel habits that has lasted longer than 2 weeks;
- stomach pain, nausea, vomiting;
- if you are on a low-magnesium or low-sodium diet; or
- kidney disease.

Ask a doctor before using this medicine if you are pregnant or breastfeeding.

How should I take magnesium citrate?

Use exactly as directed on the label, or as prescribed by your doctor.

Take with a full glass of water.

Shake the **liquid medicine**. Measure a dose with the supplied measuring device (not a kitchen spoon).

Magnesium citrate should produce a bowel movement within 30 minutes to 6 hours after you take the medicine.

Call your doctor if your symptoms do not improve after 7 days of treatment, or if the medicine produces no results. **Not having a bowel movement after using a laxative may be a sign of a condition more serious than occasional constipation.**

Store at cool room temperature away from moisture and heat.

Magnesium citrate dosing information

Usual Adult Dose for Constipation:

240 mL orally one time.

Usual Pediatric Dose for Constipation:

< 6 years: 0.5 mL/kg orally up to a maximum of 200 mL. May repeat every 4 to 6 hours until stools are clear.

6 to 12 years: 100 to 150 mL orally one time.

 [Detailed Magnesium citrate dosage information](#)

What happens if I miss a dose?

Magnesium citrate is used when needed. If you are on a dosing schedule, take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next dose. **Do not** use two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking magnesium citrate?

Avoid taking any other medicines within 2 hours before or 2 hours after you take magnesium citrate. [Laxatives](#) can make it harder for your body to absorb other medicines you take by mouth.

What other drugs will affect magnesium citrate?

Other drugs may affect magnesium citrate, including prescription and over-the-counter medicines, [vitamins](#), and [herbal](#)

[products](#). Tell your doctor about all other medicines you use.

 [Magnesium citrate drug interactions](#) (more detail)

Does magnesium citrate interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

Add

Popular FAQ

- 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 citrate

- [Check interactions](#)
- [Compare alternatives](#)
- [Pricing & coupons](#)
- [Reviews \(499\)](#)
- [Latest FDA alerts \(4\)](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Support group](#)
- [Drug class: laxatives](#)
- [Breastfeeding](#)

Patient resources

Other brands

[Citrate of Magnesia, Citroma](#)

Professional resources

- [Magnesium Citrate Liquid prescribing information](#)

Related treatment guides

- [Constipation](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

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

[Medical Disclaimer](#)


Copyright 1996-2025 Cerner Multum, Inc. Version: 4.02.


Magnesium 101

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

[Read our magnesium guide](#)

DRUG STATUS

Availability
 Rx and/or OTC

[Pregnancy & Lactation](#)
 Risk data available

CSA Schedule*
N/A Not a controlled drug



User Reviews & Ratings

8.6 / 10

[499 Reviews](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)

[Advertising policy](#)

[Attribution & citations](#)

Terms & privacy

[Terms of use](#)

[Editorial policy](#)

[Privacy policy](#)

Support

[Help center](#)

[Sitemap](#)

[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.