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2. Magnesium amino acids chelate

Magnesium amino acids chelate

Generic name: magnesium amino acids chelate [*mag-NEE-zee-um-a-MEEN-oh-AS-ids-KEE-late*]**Brand names:** [Chelated Magnesium](#), [MG Plus Protein](#)**Dosage forms:** oral capsule (300 mg), oral tablet (100 mg; 133 mg)**Drug class:** [Minerals and electrolytes](#)[Medically reviewed](#) by Drugs.com on Sep 5, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [What to avoid](#) [Interactions](#)

What is magnesium amino acids chelate (chelated magnesium)?

Magnesium is a naturally occurring mineral. Magnesium is important for many systems in the body especially the muscles and nerves. [Chelated magnesium](#) is in a form that is easily absorbed by the body.

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

Chelated magnesium may also be used for purposes not listed in this medication guide.

Chelated magnesium side effects

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

This product may cause serious side effects. Stop using this product and call your doctor at once if you have:

- severe or ongoing diarrhea;
- muscle cramps; or
- depression, feeling tired or irritable.

Common side effects of magnesium amino acids chelate may include:

- diarrhea;
- nausea, stomach pain; or
- [upset stomach](#).

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 amino acids chelate side effects](#) (more detail)

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Warnings

Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended.

Before taking this medicine

You should not use chelated magnesium if you are allergic to it, or if you have kidney disease.

Ask a doctor or pharmacist if it is safe for you to use this product if you have other medical conditions, especially:

- diabetes;
- [Crohn's disease](#), [ulcerative colitis](#);
- if you are malnourished; or
- if you drink large amounts of alcohol.

Artificially sweetened forms of this product may contain phenylalanine. Check the medication label if you have [phenylketonuria](#) (PKU).

Ask a doctor before using chelated magnesium if you are pregnant or breast-feeding. Your dose needs may be different during pregnancy or while you are nursing.

Do not give chelated magnesium to a child without medical advice.

How should I take chelated magnesium?

Use this product exactly as directed on the label, or as prescribed by your doctor. Do not use it in larger amounts or for longer than recommended.

Take chelated magnesium with a full glass of water.

Use chelated magnesium regularly to get the most benefit.

Call your doctor if you have signs that your magnesium blood levels are too low, such as confusion, uneven heart rate, jerking muscle movements, and muscle weakness or limp feeling.

While using chelated magnesium, you may need frequent blood tests. Your kidney function may also need to be tested. Follow your doctor's instructions.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

What happens if I overdose?

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

Overdose symptoms may include numbness or tingly feeling in your face, limp muscles, [slow heartbeat](#), weak or shallow breathing, vomiting, or fainting.

What should I avoid while taking chelated magnesium?

Ask your doctor before using an antacid, and use only the type your doctor recommends. Some antacids can make it harder for your body to absorb chelated magnesium.

If you also take an antibiotic, avoid taking it within 2 hours before or 3 hours after you take chelated magnesium.

What other drugs will affect chelated magnesium?

Ask a doctor or pharmacist if it is safe for you to use this product if you are also using any of the following drugs:

- digoxin, digitalis, Lanoxin;
- **an antibiotic**--[ciprofloxacin](#), [demeclocycline](#), [doxycycline](#), [levofloxacin](#), minocycline, [moxifloxacin](#), [norfloxacin](#), ofloxacin, [tetracycline](#), or others; or
- **medicines for osteoporosis or Paget's disease**--[alendronate](#), etidronate, ibandronate (Boniva), [pamidronate](#), [risedronate](#), [zoledronic acid](#) (Reclast, Zometa), or others.

This list is not complete. Other drugs may interact with chelated magnesium, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible interactions are listed in this medication guide.

 [Magnesium amino acids chelate drug interactions](#) (more detail)

Does magnesium amino acids chelate interact with my other drugs?

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

magnesium amino acids chelate

+

Enter a drug name

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Patient resources

Other brands

[Chelated Magnesium](#), [MG Plus Protein](#)

Related treatment guides

- [Hypomagnesemia](#)

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.

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Magnesium 101

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

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DRUG STATUS

Availability

OTC Over the counter

CSA Schedule*



N/A Not a controlled drug

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