





ADULT

MAGNESIUM - ORAL

This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	<p>Mag-Sup®: Magnesium aspartate dehydrate 500mg (Elemental Magnesium: 37.4mg or 1.55mmol)</p> <p>BioMagnesium®: Magnesium oxide - heavy 440mg, Magnesium phosphate 175mg, and calcium ascorbate 50mg, pyridoxine B6 50mg, cholecalciferol 2.5microg, manganese 4mg. (Elemental Magnesium: 300mg or 12.3mmol (HIGH DOSE) and other ingredients)</p>
Dose	<p><u>Leg cramps in pregnancy:</u> See Minor symptoms or disorders of pregnancy</p> <p>Oral:</p> <p>Mag-Sup®: 2 to 6 tablets daily</p> <p>BioMagnesium®: 1 tablet daily</p>
Administration	<p><u>Oral</u></p> <p>Should be taken with meals</p>
Pregnancy	<p>1st Trimester: Safe to use</p> <p>2nd Trimester: Safe to use</p> <p>3rd Trimester: Safe to use</p>
Breastfeeding	Safe to use
Other clinical guidelines	Minor symptoms or disorders of pregnancy
References	<p>Australian Medicines Handbook. Magnesium. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 November 22]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Magnesium. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 November 22]. Available from: https://thewomenspbmg.org.au/</p> <p>MIMS Australia. Mag-Sup. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Dec 05]. Available from: https://www.mimsonline.com.au</p>

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