

# The Constipation Masterclass

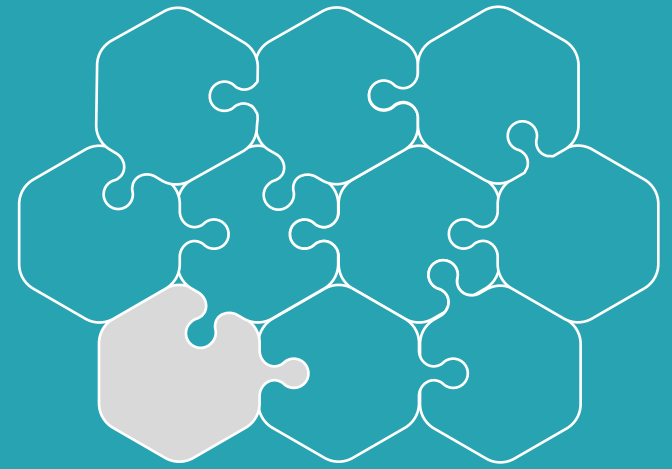
## Module 2: Natural Bowel Moving and Support Supplements



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THE FUNCTIONAL GUT HEALTH CLINIC

# Magnesium Citrate & Vitamin C



# Level 1 | Magnesium Citrate & Vitamin C

- Example brands:
  - **Magnesium Citrate:**  
Natural Factors &  
Pure Encapsulations
  - **Vitamin C:**  
Thorne Research (unbuffered) or  
Life Extension (buffered)

| Level 1: Magnesium Citrate & Vitamin C  |  |
|---|--|
| <b>Example products</b>                 |  |
| <b>Australia &amp; NZ</b>               |  |
| Natural Factors, Magnesium Citrate      | Magnesium in citrate form, can have a laxative effect in high doses<br>Link: <a href="https://herb.co/LC7BpUKj">https://herb.co/LC7BpUKj</a>                                   |
| Thorne Research, Vitamin C + Flavonoids | Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C)<br>Link: <a href="https://herb.co/Bic29hj">https://herb.co/Bic29hj</a>  |
| <b>USA &amp; Canada</b>                 |  |
| Pure Encapsulations, Magnesium Citrate  | Magnesium in citrate form, can have a laxative effect in high doses (or Thorne Research, Magnesium Citrate)<br>Link: <a href="http://amzn.to/2INyoZ">http://amzn.to/2INyoZ</a> |
| Thorne Research, Vitamin C + Flavonoids | Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C)<br>Link: <a href="http://amzn.to/2zwhPwN">http://amzn.to/2zwhPwN</a>    |
| <b>United Kingdom</b>                   |  |
| Pure Encapsulations, Magnesium Citrate  | Magnesium in citrate form, can have a laxative effect in high doses<br>Link: <a href="https://amzn.to/2HnXLMt">https://amzn.to/2HnXLMt</a>                                     |
| Thorne Research, Vitamin C + Flavonoids | Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C)<br>Link: <a href="https://amzn.to/2ZIDRDZ">https://amzn.to/2ZIDRDZ</a>  |

# Level 1 | Magnesium Citrate & Vitamin C

- Dosages and titration:
  - **Magnesium Citrate:**  
Titrate up to 1 to 4 capsules,  
1 to 2 times daily
  - **Vitamin C:**  
Titrate up to 2 to 4 capsules,  
1 to 2 times daily

Level 1: Magnesium Citrate & Vitamin C

**Dosages and titration**

It generally takes up to 1 week to work out the ideal amount of magnesium and vitamin C you need for chronic constipation. This is because the levels of magnesium and vitamin C need to build up in your body before they become effective with drawing liquid into your stools.

Try titrating as follows (only increase dosage if desired effect is not achieved):

**Day 1:** Start magnesium citrate, 1 capsule with a full glass of water before breakfast and at least 1 hour after dinner.

**Day 2:** Increase magnesium citrate, 2 capsules with a full glass of water before breakfast and at least 1 hour after dinner.

**Day 3:** Start vitamin C, 1 capsule with a full glass of water before breakfast and at least 1 hour after dinner.

**Day 4:** Increase vitamin C, 2 capsules with a full glass of water before breakfast and at least 1 hour after dinner.

**Day 5:** Hold supplements here and note whether there is any change in bowel motions. It can take up to 3 days for magnesium to start working so we don't want to increase too quickly and cause very loose bowel motions.

**Day 6:** If there is still no change in bowel motions, please increase magnesium citrate, 3 capsules with a full glass of water before breakfast and at least 1 hour after dinner.

**Day 7:** Hold supplements here and note whether there is any change in bowel motions.

**Day 8:** If there is still no change in bowel motions, please increase magnesium citrate, 4 capsules with a full glass of water before breakfast and at least 1 hour after dinner. If this dose doesn't work within 3 days, you will need to upgrade to Level 2.

If you haven't noticed any change in your bowel motions using the maximum doses we have recommended, and you feel comfortable doing so or have discussed with your practitioner, you may like to consider increasing magnesium citrate further by 1 capsule before breakfast and after dinner each day until you achieve a well-formed bowel motion. Please don't exceed 1600mg of magnesium citrate daily.

|       | Magnesium Citrate             |      |         | Vitamin C                 |      |         |
|-------|-------------------------------|------|---------|---------------------------|------|---------|
|       | 1 capsule = approx. 135-150mg |      |         | 1 capsule = approx. 500mg |      |         |
|       | Morning                       | Noon | Evening | Morning                   | Noon | Evening |
| Day 1 | 1                             |      | 1       |                           |      |         |
| Day 2 | 2                             |      | 2       |                           |      |         |
| Day 3 | 2                             |      | 2       | 1                         |      | 1       |
| Day 4 | 2                             |      | 2       | 2                         |      | 2       |
| Day 5 | 2                             |      | 2       | 2                         |      | 2       |
| Day 6 | 3                             |      | 3       | 2                         |      | 2       |
| Day 7 | 3                             |      | 3       | 2                         |      | 2       |
| Day 8 | 4                             |      | 4       | 2                         |      | 2       |

THE FUNCTIONAL Gut Health Clinic BY BELLA LINDEMANN

Handout | Magnesium Supplements

# Level 1 | Magnesium Citrate & Vitamin C

- Considerations:
  - Aim for less than 1200mg and avoid more 1600mg magnesium daily
  - Aim for less than 5000mg of vitamin C daily
  - Start with twice daily dosing before breakfast and bedtime

Level 1: Magnesium Citrate & Vitamin C

**Problem solving considerations and contraindications**

**Magnesium citrate**  
Don't exceed 1600mg magnesium total per day and aim to keep below 1200mg. If you struggle with taking too many capsules with breakfast and dinner you can divide your magnesium into 3 doses and add the third 1 hour or more after lunchtime.


WebMD Magnesium Citrate - view Side Effects and Interactions:  
<https://www.webmd.com/drugs/2/drugs/572/2202/magnesium-citrate-srnl/magnesium-citrate-srnl/details>

As with all supplements, it is recommended to consult with your doctor or health practitioner before use.

**Vitamin C**  
Vitamin C is considered safe for most people to use up to 5,000mg daily. Please don't supplement with vitamin C if you have a history of kidney stones, heartburn or upper GI symptoms that are exacerbated by vitamin C.

WebMD Vitamin C - view Side Effects and Interactions:  
<https://www.webmd.com/vitamins/ai/ingredientmono-1001/vitamin-c-ascorbic-acid>

As with all supplements, it is recommended to consult with your doctor or health practitioner before use.

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