

Module 2: Supplement Handouts

Introduction

All supplement recommendations should be reviewed by your practitioner to ensure they are right for you. If you are pregnant or nursing, your safest choice for supplementation is level 1 - magnesium citrate and vitamin C. Again, you will need to confirm this with your practitioner.

Use the Magnesium Needs Self-Assessment handout to work out your estimated daily magnesium need. Always titrate magnesium slowly up to this estimated amount to minimize side-effects.

The products listed in this handout are example brands and products that both I and my clients have used. For most products, there are a number of reputable brands on websites like Amazon and iHerb that provide quality products for you to select from. Focus on the specific ingredients and not so much on the brand.

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



Level 1: Magnesium Citrate & Vitamin C

Example products

Australia & NZ	
Natural Factors, Magnesium Citrate	Magnesium in citrate form, can have a laxative effect in high doses Link: https://iherb.co/LC7BpUKi
Thorne Research, Vitamin C + Flavonoids	Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C) Link: https://iherb.co/Bic29hjJ
USA & Canada	
Pure Encapsulations, Magnesium Citrate	Magnesium in citrate form, can have a laxative effect in high doses (or Thorne Research, Magnesium Citrate) Link: https://amzn.to/34hEEng
Thorne Research, Vitamin C + Flavonoids	Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C) Link: http://amzn.to/2zwhPwN
United Kingdom	
Pure Encapsulations, Magnesium Citrate	Magnesium in citrate form, can have a laxative effect in high doses Link: https://amzn.to/2HnXLmE
Thorne Research, Vitamin C + Flavonoids	Used with magnesium citrate to support regular bowel movements (or Life Extension, Buffered Vitamin C) Link: https://amzn.to/2ZIDRDZ

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 at 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

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/drug-522-2202/magnesium-citrate-oral/magnesium-citrate-oral/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.

