



*the*  
**Chickasaw**  
*Nation*

The Chickasaw Nation Medical Center

# Women's CLINIC

ISHKI' INCHOKMISHTO'  
(HEALTHY MOTHERS)

## MAGNESIUM SUPPLEMENTS

### MAGNESIUM SUPPLEMENTS CAN HELP RELIEVE AND PREVENT:

- Headaches/migraines
- Muscle spasms/cramps
- Palpitations
- Constipation
- Menstrual cramps
- Anxiety

Magnesium deficiency is very common in women. When stressed and under pressure, women tend to deplete the magnesium in their bodies.

Always remember to **start low and go slow!** You can take up to 1,000 mg a day but don't go too fast. Too much magnesium too quickly causes diarrhea.

Start with one tablet, or about 200 mg daily, for three to four days.

Increase by one tablet, or an additional 200 mg daily, every three to four days until you reach 1,000 mg, or if you have loose stools for four days in a row. If this happens, you are taking too much. Go back to your last dosage amount and stay there.

### TYPES OF MAGNESIUM TO TRY:

- **Magnesium Malate** such as Jarrow Mag SRT B-Free\*
- **Magnesium Glycinate** such as Pure Encapsulation Magnesium Glycinate\*
- **Calm Magnesium Powder**
- **Trace Mineral Drops\*** – These work well for muscle recovery after workouts and especially for athletes

**\*The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**