

Magnesium

When food intake drops and digestion changes, magnesium becomes a vital partner. It supports everything from regular bathroom habits to muscle comfort and hydration.

1 What Magnesium Does

- Magnesium is a workhorse mineral involved in over 300 enzymatic reactions, including energy production and blood sugar regulation.
- It is essential for healthy nerve signaling, muscle contraction, and maintaining a steady, healthy heartbeat.



2 The GLP-1 Connection

- Because GLP-1 medications significantly suppress appetite, it becomes much harder to get enough magnesium from smaller portions of food.
- Side effects like persistent vomiting or diarrhea can cause your body to lose minerals faster than you can replace them through diet alone.



3 Help With Common Side Effects

- **Constipation relief:** Magnesium citrate is a common recommendation to help soften stools and improve regularity when things feel “sluggish.”
- **Hydration support:** Magnesium is an electrolyte that helps maintain fluid balance, which may help prevent dehydration-related headaches and dizziness.
- **Muscle comfort:** Maintaining adequate levels may help ease the muscle cramps or “leg twitches” some people notice during active weight loss, though evidence for this specific benefit is mixed.



4 Food and Supplement Options

- Prioritize magnesium-rich whole foods like leafy greens, nuts, seeds, and whole grains.
- When food isn't enough, your clinician might suggest a targeted supplement (like 250–500 mg of magnesium citrate at bedtime) or an electrolyte powder.



5 Know Your Warning Signs

- Signs of low magnesium can include muscle twitching, tingling, or unexplained fatigue.
- Always discuss magnesium with your healthcare team if you have kidney concerns, as they will want to monitor your levels more closely.



This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Magnesium supplementation isn't appropriate for everyone — significant kidney impairment increases the risk of dangerously high magnesium levels, so check with your clinician first if you have any kidney concerns. Evidence for magnesium easing muscle cramps specifically is mixed, and higher-end supplement doses are more likely to cause loose stools — start low and adjust with your clinician's guidance.