

Magnesium Glycinate

Also called magnesium bisglycinate | Minerals

What Is It?

Magnesium glycinate combines magnesium, a mineral, with glycine, a building block of protein. Your body needs magnesium for muscles, nerves, bones and many other functions. This supplement is often promoted for muscle cramps, sleep and relaxation. [1,3]

Why People Take It - And How Strong the Research Is

Low magnesium | ESTABLISHED NEED TO CORRECT A DEFICIENCY. Supplements can help when magnesium intake or levels are too low. Not everyone needs extra magnesium; ask your clinician about the cause and treatment. [1]

Nighttime leg cramps (charley horses) | BENEFIT NOT ESTABLISHED. A 2020 Cochrane review found magnesium unlikely to provide meaningful prevention for common cramps in older adults. That does not rule out benefit when magnesium is truly low, but cramps alone do not prove a deficiency. Glycinate has not been shown to be a clearly better cramp treatment. [1,2]

Sleep problems | LIMITED, EARLY EVIDENCE. A 2025 trial found a small improvement in reported insomnia symptoms after four weeks of magnesium bisglycinate. This does not establish it as a reliable treatment for ongoing sleep problems. [3]

What these labels mean: They summarize the research, not a promise of benefit or safety for you.

What Does The Dose On The Label Mean?

Use the amount listed as **Magnesium** in the Supplement Facts box, not the total weight of magnesium glycinate advertised on the bottle. This is the amount of actual, or elemental, magnesium. Check the number of capsules per serving. [4]

Side Effects And Important Safety Concerns

Magnesium supplements can cause diarrhea, nausea or stomach cramps. Kidney disease increases the risk of dangerous magnesium buildup. Ask your clinician before use if you have kidney problems. [1]

For adults, the usual upper limit is **350 mg a day from supplements and medicines combined**, unless a clinician advises otherwise. This limit does not include magnesium naturally present in food. Count multivitamins, antacids and laxatives too. [1]

Magnesium can interfere with absorption of certain antibiotics and bone medicines. Ask your pharmacist how far apart to take them. Some water pills and long-term acid-reducing medicines can affect magnesium levels. [1,4]

Questions To Ask Your Doctor Or Pharmacist

Could my cramps have another cause? Do I need a magnesium test? Is my kidney function suitable? How much actual magnesium is in my serving? Does it need to be separated from my medicines?

Where To Find Additional Information

1. NIH ODS - Magnesium: consumer guide
2. Cochrane - Magnesium for muscle cramps (2020)
3. Research study - Magnesium bisglycinate and sleep (2025)
4. NIH ODS - Magnesium: detailed fact sheet

Sources checked October 19, 2026. This guide is for learning, not for diagnosing or treating an illness. Talk with your healthcare provider before changing prescribed treatment.