

[Home](#) / [Magnesium Hydroxide Powder](#)

Magnesium Hydroxide Powder



KEY FEATURES

Detoxifying Agent

Relaxant

Enhances Bone Density

Customer Rating

(1)

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Taste

Mixability

Size

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Quantity

1

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In stock

\$11.96

Ships Monday, October 27 if ordered in the next **2 days, 23 hours and 47 minutes!**

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Magnesium Hydroxide, or as it is sometimes referred to, Milk of Magnesia, is a compound whose main purpose is to keep up bowel regularity. It does this by increasing the amount of water available in the intestines. Because Magnesium is known to work so well with Calcium, it is recommended that it be taken along with a Calcium supplement at a 1:2 ratio.

[Read more about Magnesium Hydroxide Powder](#)

DIRECTIONS

Serving Size & Timing

This supplement is recommended to be taken in serving sizes of 1000mg per day. This is equal to about one quarter of a teaspoon total. The FDA recommends that magnesium be taken in servings of 400mg per day. And since this solution contains 42% magnesium, consuming 1000mg of the total supplement will equal about 420mg, just a little bit more than the FDA recommended daily value of magnesium for adults.

Because of this supplement's strong effects it is recommended that no other medication be taken within one to two hours of taking this, as the magnesium hydroxide present in the stomach may cause the drug to not be absorbed correctly.

Those who have had severe kidney issues in the past or continue to have kidney problems are recommended to make absolutely sure not to overdose on the total magnesium content, as this could exacerbate their condition or cause it to resurface. Those that are healthy and have not been recommended this supplement by a doctor are advised to not take it for more than one week.

It has also been shown that the efficiency of magnesium supplementation increases greatly when taking calcium supplements along with it. For best results it is recommended that magnesium be consumed at a 1:2 ratio with calcium. Therefore if taking 420mg of magnesium with this supplement, you should also be taking 840mg calcium in order to balance out the effects.

NUTRITIONAL INFORMATION

Supplement Facts

Serving size: 1000 milligrams

Serving per container: *

Amount Per Serving	% Daily Value**
Magnesium (as Magnesium Hydroxide)...417 mg	104%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: Sugar, Soy, dairy, yeast, gluten, corn and additives

Directions: As a magnesium supplement, take 1000 mg (1/4 tsp) daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size(level)	milligrams
1/8 teaspoon	518
1/4 teaspoon	1036
1/2 teaspoon	2073

INGREDIENTS & FURTHER INFORMATION

Magnesium Hydroxide Concentration

Magnesium hydroxide comes in the form of a fine powder and it has no fillers of any kind present in it. It contains 42% elemental magnesium which is a very high concentration.

WORKS WELL WITH



Zinc Oxide Powder

FROM \$10.96



Calcium Lactate Powder

FROM \$11.96



Ferrous Gluconate Powder

FROM \$7.50



Potassium Gluconate Powder

FROM \$12.96



20g Milligram Scale 0.001

FROM \$44.96

Magnesium Hydroxide Side Effects

As long as suggested serving sizes are adhered to, magnesium hydroxide should be fine to take. However taking too much may cause adverse side effects such as diarrhea which can rapidly deplete the body's supply of potassium. And if potassium is not then supplemented, then this will mean that muscle cramps may develop and this can also cause iron and folic acid to not be absorbed as well as they should be.

Regardless of health condition, unless told different specifically by a doctor, then this supplement should not be taken for more than a single week at a time. If any side effects such as rectal bleeding or constipation occur or are still present, immediately discontinue use and call a doctor. These are usually indicative of another kind of serious condition that is not associated with this supplement.

The elderly and those that are already taking magnesium rich medications or supplements must consult a doctor before using this product.

Magnesium Hydroxide Bioavailability

This product is not very soluble in water and the part of it that is dissolved into the water is not put to use when consumed. While this does make consumption a bit more complicated, it also means that it functions as a strong electrolyte which may be of some use to those that work out often. This product should be stored in an area that is free from light, heat, and moisture in order to preserve its potency.

CUSTOMER REVIEWS**Magnesium Hydroxide in deodorant recipe**

Apparently Magnesium Hydroxide is generally used for constipation issues. I discovered that it can also be used in making homemade deodorant. It absolutely works! My homemade deodorant works significantly better than any commercial deodorant I have ever used! Thank you BulkSupplements for putting out an exceptional product! I am highly impressed.

On 8/8/2014 **cau2great** said...

****NOTE: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.***

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