

Ashwagandha vs. magnesium: what is the difference?

verdavita editorial team · Published 2026-11-05

Ashwagandha is a botanical and magnesium is a mineral, so you compare them differently on a label. Check the safety notes for each, and ask your doctor first if you take medication.

	Ashwagandha	Magnesium
What it is	A botanical (Withania somnifera)	A mineral
On the label	Plant part and extract, sometimes withanolide %	Magnesium plus its form, amount in mg
NIH safety note	Reports of liver effects, may affect thyroid function	High intakes can cause diarrhea, nausea and cramping
Medication	May interact with some medications	May interact with some medications

Based on the NIH fact sheets on ashwagandha and magnesium.

Ashwagandha safety notes

The NIH reports a few cases of more serious side effects, including effects on liver function. It says ashwagandha might affect thyroid function and interact with some medications. Some

experts advise against its use during pregnancy and by men with hormone-sensitive prostate cancer.

Magnesium safety notes

The NIH upper limit from supplements and medications is 350 mg a day for adults, unless a health care provider advises otherwise. Magnesium may interact with certain medications, including oral bisphosphonates and some antibiotics.

Can you take both?

The NIH pages we reviewed do not answer this directly. Ask your doctor or pharmacist, and bring both labels. Stress Balance contains ashwagandha, and Calm Night contains magnesium.

From verdavita, the publisher of this guide



Stress Balance

Organic ashwagandha root for your daily routine. See the full label, one-time purchase, 90-day money-back guarantee.

verdavita.com/p-stress-balance



Calm Night

Magnesium glycinate, 275 mg per serving, as a simple evening ritual. See the full label, one-time purchase, 90-day money-back guarantee.

verdavita.com/p-calm-night

Sources

- NIH Office of Dietary Supplements: Ashwagandha fact sheet for health professionals https://ods.od.nih.gov/factsheets/Ashwagandha-HealthProfessional/
- NIH Office of Dietary Supplements: Magnesium fact sheet for health professionals https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/
- NIH Office of Dietary Supplements: Magnesium fact sheet for consumers https://ods.od.nih.gov/factsheets/Magnesium-Consumer/

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