

Can you take magnesium and melatonin together?

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The NIH pages we reviewed do not say whether this combination is safe or useful. Ask your doctor or pharmacist first, especially if you take medication.

What NCCIH says about melatonin

NCCIH says short-term use appears safe for most people, but information on long-term safety is lacking. Reported side effects in short-term studies include headache, dizziness, nausea and sleepiness.

It also says melatonin may stay active longer in older people and cause daytime drowsiness. People taking medicine should check with their health care provider first, and people with epilepsy or taking blood thinners need medical supervision.

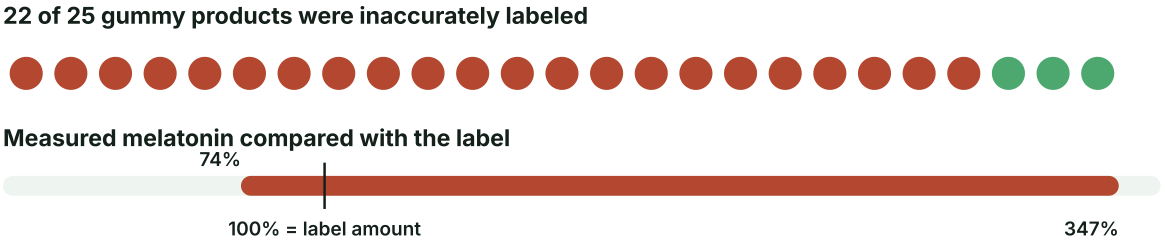
What the NIH says about magnesium

The upper limit from supplements and medications is 350 mg a day for adults, unless a health care provider advises otherwise. Magnesium may also interact with some medications.

Read both labels

Check whether a product already contains the other ingredient. Our Deep Sleep lists 2 mg of melatonin, while Calm Night lists 275 mg of magnesium and no melatonin.

Label accuracy is another reason to be careful. NCCIH cites a 2023 study in which 22 of 25 melatonin gummy products were inaccurately labeled.



Study of 25 over-the-counter gummy products, 2023, as cited by NCCIH. One product had no detectable melatonin.

From verdavita, the publisher of this guide



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



Deep Sleep

Valerian, chamomile, GABA and 2 mg melatonin for the evenings you want a little extra. See the full label, one-time purchase, 90-day money-back guarantee.

verdavita.com/p-deep-sleep

Sources

- NCCIH: Melatonin, what you need to know
  https://www.nccih.nih.gov/health/melatonin-what-you-need-to-know
- NIH Office of Dietary Supplements: Magnesium fact sheet for consumers
  https://ods.od.nih.gov/factsheets/Magnesium-Consumer/

General information, not medical advice. Talk to your doctor or pharmacist before starting a supplement, especially if you are pregnant, nursing, take medication or have a medical condition. Published by prociro LLC, 1209 Mountain Road Pl NE, Ste N, Albuquerque, NM 87110, USA, which sells dietary supplements under the verdavita brand. Current version: https://verdavita.com/learn-magnesium-and-melatonin-together