

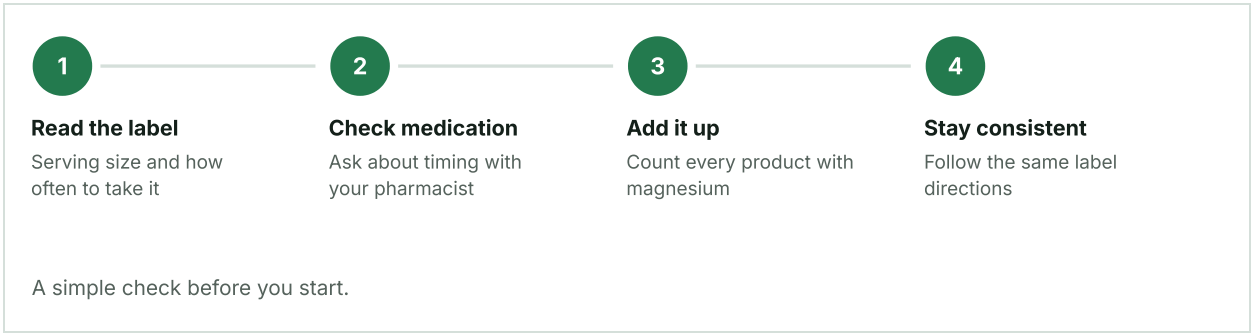
When to take magnesium glycinate

verdavita editorial team · Published 2026-11-05

The NIH magnesium fact sheets we checked do not name a best time of day. Start with the directions on your label, and ask a pharmacist about timing if you take medication.

Start with the label

Directions differ by product. Check the serving size and how often the label tells you to take it. Our Calm Night label says to take three capsules once daily, or as directed by your healthcare professional.

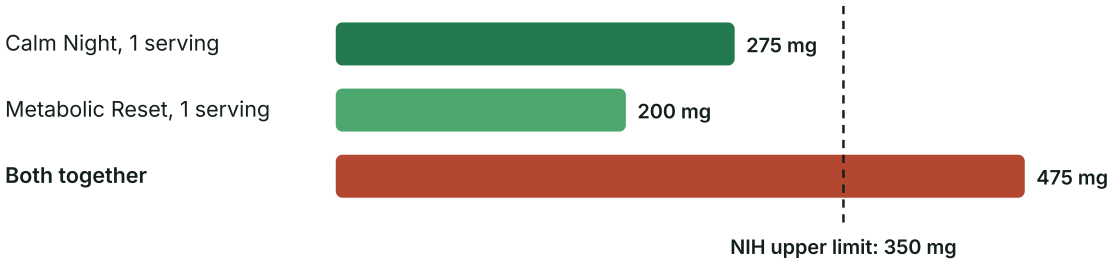


Medication timing

The NIH says magnesium may interact with oral bisphosphonates, tetracyclines and quinolone antibiotics. Diuretics and proton pump inhibitors can also affect magnesium status. If you take any of these, ask your doctor or pharmacist how to time your supplement.

Count every source

The NIH upper limit for magnesium from supplements and medications is 350 mg a day for adults, unless a health care provider advises otherwise. Add up every product you take, including antacids and laxatives that contain magnesium.



Label amounts per serving compared with the NIH upper limit for magnesium from supplements and medications. Food does not count toward this limit.

High intakes from supplements and medications can cause diarrhea, nausea and abdominal cramping.

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

Sources

- 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/

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-when-to-take-magnesium-glycinate