

Magnesium and Vitamin C Dosing

Magnesium and vitamin C are both important for supporting the body's detoxification processes and healing from other illnesses. Higher doses work better. They are both very safe, so the only upper limit on dosage of either one is bowel intolerance (loose stools). It is helpful to start dosage low and increase the doses every day until beginning intolerance (which is not dangerous), and then back down to the tolerated level. The powdered form of each is less expensive and without additives, compared to capsules, and has faster absorption so more of it enters into the bloodstream before getting to the lower bowel to cause intolerance.

A well-tolerated form of ionic magnesium is Natural Calm (by Natural Vitality), an effervescent form that dissolves quickly in water. (Always get the unflavored form to avoid additives.) Vitamin C powder can be taken as either ascorbic acid or as the sodium ascorbate form (with a somewhat salty taste, 11% sodium by weight, not a significant amount for most people). The ascorbic acid form may have slightly less bowel tolerance due to its acidity, but either choice is a matter of personal preference. (These magnesium and vitamin C powders are available at some nutrition stores or online.)

Magnesium and vitamin C powder can be mixed together in water with a pleasant taste, and sipped during the day to spread out the dosage and maximize the amount absorbed and tolerated. Each one can be started at 1 teaspoon or scoop daily, and then increase by the same amount every day to find the tolerated level. People with more serious illness can often tolerate more because the body seems to absorb them faster when its need is greater. (In these cases, sometimes the tolerated dosage may decrease over time as the body's need decreases, a good sign for recovery.) (Note: Avoid taking calcium supplements, because calcium competes against magnesium and decreases its benefit, even in osteoporosis.)