# LiveGood Ultra Magnesium Complex: Dosage, Timing & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-ultra-magnesium-complex-dosage-timing-common-questions/

Quick reference for LiveGood Ultra Magnesium Complex. The full review covers the complete label and the evidence in depth.

## How do I take it?

Take 2 capsules a day, with or without food. LiveGood suggests either both capsules 30 minutes before bed, or one in the afternoon and one at bedtime. Each bottle holds 60 capsules, which is 30 servings, a one-month supply.

## What is in it?

Each 2-capsule serving has 420 mg of magnesium, 100% of the Daily Value, from magnesium glycinate and magnesium gluconate. The only other ingredient is a hypromellose (vegetable) capsule.

## Will it upset my stomach?

Glycinate is one of the gentlest forms, but 420 mg is above the 350 mg upper limit for supplemental magnesium, which is based on loose stools. If that happens, take one capsule, or take it with lunch or dinner.

## Should I space it from other supplements?

Yes. LiveGood recommends taking it at least 2 hours apart from medications and other vitamins, since minerals can affect how some drugs are absorbed. That includes certain antibiotics, thyroid medication and osteoporosis drugs.

## Who should check with a doctor first?

Talk with your doctor first if you have **kidney disease**, since your body may not clear extra magnesium, or if you take **heart or blood pressure medication**, diuretics, or the medications above. Also ask first if you are pregnant or nursing.

## How long until I notice anything?

If you were running low, calmer evenings, easier sleep and fewer cramps within one to three weeks are what members mention most. If your levels were fine, you may notice little. Results vary.

## What if it does not work for me?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

*Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.*