

The Senior's Guide to *Magnesium*

7 signs you're deficient, the best forms to take, and what science recommends for people over 60.

[Symptom Checklist](#)[Forms Comparison](#)[Dosage Chart](#)[Best Foods](#)

WHAT'S INSIDE

- Why magnesium matters after 60
- 7 signs of deficiency checklist
- Best forms by absorption rate
- Daily dosage by gender
- Top magnesium foods with mg
- Timing and safety tips

Mg

SECTION 01

7 Signs You May Be Magnesium Deficient

Check boxes that apply. Three or more symptoms may indicate low magnesium worth discussing with your doctor.

Over **50% of adults over 60** don't meet their daily magnesium requirement — even with a balanced diet. Absorption decreases with age, medications deplete reserves, and appetite naturally declines.

Nighttime leg cramps or muscle twitches

Magnesium regulates muscle contraction. Low levels cause the muscle to stay contracted longer.

01

Difficulty falling or staying asleep

Magnesium activates GABA receptors that quiet the nervous system and supports melatonin regulation.

02

Unexplained fatigue or low energy

Magnesium is required to produce ATP — the molecule your cells use for energy. Low levels = low fuel.

03

Constipation or irregular digestion

Magnesium draws water into the intestine and relaxes the smooth muscle of the gut wall.

04

Heart palpitations or irregular heartbeat

The heart is a muscle. Magnesium helps regulate its electrical activity and rhythm.

05

Anxiety, irritability, or low mood

Magnesium modulates cortisol and supports serotonin — key for emotional balance.

06

Frequent headaches or migraines

Low magnesium triggers vasospasm and heightens pain sensitivity in the brain.

07




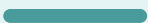

How to use this checklist

3–4 symptoms: consider a blood test (serum + RBC magnesium). 5 or more: discuss supplementation with your doctor. This checklist does not replace a clinical diagnosis.

SECTION 02

Not All Magnesium Is the Same

The form determines how much your body absorbs and how it affects your digestion. Know this before you buy.

FORM	ABSORPTION	BEST FOR	NOTES
Glycinate BEST	 85%	Sleep, anxiety, cramps	Gentlest on the gut. Best starting point.
Malate	 72%	Fatigue, muscle pain	Good for daytime. Supports ATP energy.
Threonate	 65%	Brain, memory	Crosses blood-brain barrier. Cognitive support.
Citrate	 55%	Constipation	Higher doses can cause loose stools.
Oxide AVOID	 4%	Not recommended	Very cheap and very ineffective.

Quick guide: For sleep and cramps → **glycinate**. For constipation → **citrate** in the morning. For brain health → **threonate**. No form specified on the label? Almost certainly oxide — skip it.

Label tip: Always check for *elemental magnesium*, not compound weight. "500mg Magnesium Glycinate" may contain only 50–100mg of actual magnesium. Look at the Supplemental Facts panel.

SECTION 03

How Much to Take and When

Daily recommendations for adults over 51, with timing tips and best food sources.

MEN OVER 51

420

mg / day

From food + supplement combined.
Most men get ~220-260mg from diet.

WOMEN OVER 51

320

mg / day

From food + supplement combined.
Most women get ~180-230mg from diet.

Take glycinate at night — 30 to 60 min before bed. Promotes GABA activity and improves sleep onset naturally.

Take citrate or malate in the morning for constipation or energy. Better earlier in the day.

Always take with a small meal. Reduces the chance of stomach upset.

Wait 2 hours before thyroid meds or antibiotics. Magnesium can bind to these drugs and reduce effectiveness.

Start at 100mg and increase gradually over 2-3 weeks to prevent loose stools.

TOP MAGNESIUM FOOD SOURCES



Pumpkin Seeds
156mg/28g



Cooked Spinach
78mg/100g



Almonds
76mg/28g



Black Beans
60mg/100g



Dark Chocolate
64mg/28g



Avocado
29mg/100g



Salmon
30mg/100g



Banana
27mg/100g

READY FOR THE NEXT STEP?

Find the *Best Magnesium* Supplement for You

We reviewed the top-rated magnesium supplements for seniors on Amazon — comparing forms, absorption, certifications, and price per dose. No fluff, no sponsored rankings.

[Read the Full Review →](#)

saudecomequilibrio.com.br/en/best-magnesium-supplements-for-seniors/

ABOUT THE AUTHOR

Marcos Fonseca is an educator and health content creator with over 30 years of experience in education and technology. He writes at Saúde com Equilíbrio about evidence-based wellness, healthy aging, and nutrition for people over 60.

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