



NEWS UPDATE

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Magnesium: Myths and misinformation that affect the absorption of the mineral in the body, even when taken daily



Despite its reputation as a “miracle mineral” that supports over 300 body functions from muscle movement to heart health many people still don’t absorb enough magnesium even when they take daily supplements. That’s because absorption is influenced by the form of magnesium (e.g., citrate is better absorbed than oxide), dosage timing, gut health, competing nutrients like high zinc intake, medications, and kidney function. Surprisingly, remedies like transdermal magnesium (sprays, baths) lack strong evidence for systemic uptake. To boost absorption, choose well-absorbed forms, split doses, take with meals rich in healthy fats and fiber, and ensure your gut health is optimized.

Source: <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/magnesium-myths-and-misinformation-that-affect-the-absorption-of-the-mineral-in-the-body-even-when-taken-daily/photostory/124803348.cms>