



# Magnesium Citrate For Nursing Moms

## Uses



Laxative for occasional constipation



Used for colon drainage before a colonoscopy



Supplement for magnesium for people with difficulty absorbing the mineral

## Side Effects



May cause watery or bloody stool



Overdose may lead to a slow heartbeat or nausea



May cause low blood pressure and interfere with medications such as antibiotics

## References :

- 1.Magnesium Citrate;Medline Plus
- 2.Magnesium;Harvard School Of Public Health
- 3.Magnesium;University of Rochester Medical Center