Magnesium Glycinate with Zinc

Magnesium glycinate with zinc picolinate · 60 vegetarian capsules

INDICATION

Adults who sleep poorly or feel tense or low, women with premenstrual symptoms, and people with insulin resistance, raised blood pressure or low magnesium from long-term PPIs or diuretics.

17 min
faster to fall asleep in older adults (3)

4 weeks
to better insomnia scores than placebo, at this dose (1)

6 points
fall in depression score (PHQ-9) on 248 mg a day (4)

2 caps
once daily, 30 to 60 minutes before bed

01 COMPOSITION AND DOSE

Magnesium (as magnesium glycinate 1,100 mg)	**242 mg**
Zinc (as zinc picolinate 50 mg)	**10 mg**

Amounts are per daily dose of 2 capsules. **Dose:** 2 capsules once daily, 30 to 60 minutes before bed; 60 capsules last 30 days. **Label use:** supports restful sleep as part of a healthy lifestyle.

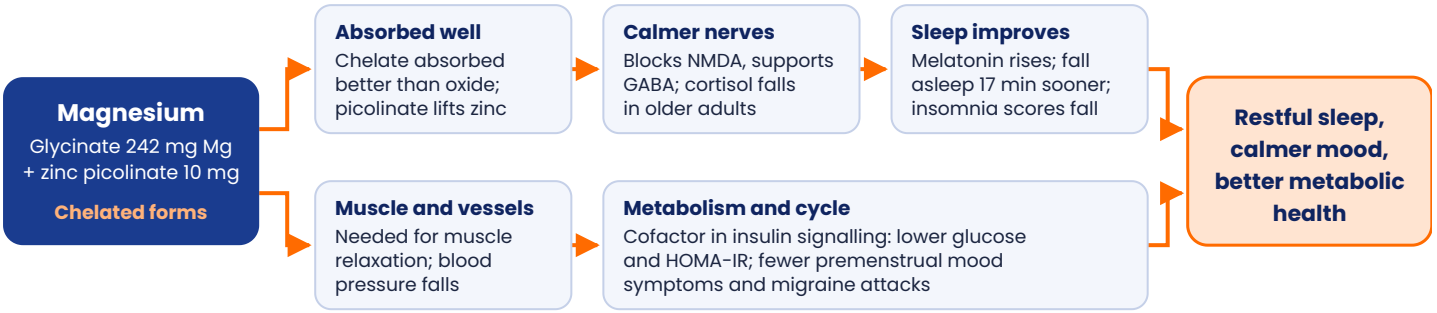
Both minerals come in well-absorbed chelated forms. The 242 mg of magnesium matches the 250 mg that improved insomnia in a 2025 trial (1) and sits just under the EU upper level for supplements (17): the full useful dose in one bedtime serving.

HOW IT WORKS

Magnesium blocks the NMDA receptor and supports GABA, calming the nerves; it is a cofactor in over 600 enzymes, including those for muscle relaxation and insulin signalling (2, 12).

In older adults with insomnia it lowered cortisol and raised melatonin (2). Glycine-bound magnesium is absorbed better than oxide, which did no better than placebo (10).

Zinc picolinate raised body zinc where citrate and gluconate did not (13), and most trials of zinc at 10 mg a day or more found better sleep quality (14).



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
Schuster 2025 (1)	Double-blind RCT, 155 adults with poor sleep	Bisglycinate 250 mg Mg at bedtime, 4 weeks (this dose)	Insomnia severity down 3.9 vs 2.3 points on placebo; side effects in only 7%
Abbasi 2012 (2)	Double-blind RCT, 46 older adults with insomnia	Magnesium 500 mg/day, 8 weeks	Insomnia score, sleep onset and efficiency better; melatonin up, cortisol down
Mah 2021 (3)	Meta-analysis, 3 RCTs, 151 older adults	Oral magnesium vs placebo	Fell asleep 17 minutes faster
Tarleton 2017 (4)	Randomised crossover, 126 adults with mild to moderate depression	Magnesium 248 mg/day, 6 weeks, vs no treatment	Depression (PHQ-9) down 6.0 points, anxiety (GAD-7) 4.5; benefit within 2 weeks
Facchinetti 1991 (5)	Double-blind RCT, 32 women with PMS	Oral magnesium from day 15 to the period, 2 cycles	Total premenstrual distress and negative mood scores fell
Peikert 1996 (6)	Double-blind RCT, 81 adults with migraine	Magnesium 600 mg/day, 12 weeks	Attacks down 41.6% vs 15.8% on placebo
Zhang 2016 (7)	Meta-analysis, 34 RCTs, 2,028 people	Magnesium, median 368 mg/day for 3 months	Systolic pressure down 2.0 mmHg and diastolic 1.8 mmHg
Veronese 2016 (8)	Meta-analysis, 18 double-blind RCTs, 1,123 people with or at risk of diabetes	Oral magnesium vs placebo	Lower fasting glucose in diabetes; lower 2-hour glucose in those at risk
Guerrero-Romero 2004 (9)	Double-blind RCT, adults with insulin resistance and low magnesium	Magnesium chloride 2.5 g/day, 3 months	HOMA-IR 4.6 to 2.6; no change on placebo
Walker 2003 (10)	Double-blind RCT, 46 adults	Amino-acid chelate, citrate or oxide, 300 mg/day, 60 days	Chelate and citrate beat oxide; oxide no better than placebo

Guideline: EU-authorised claims state that magnesium contributes to a reduction of tiredness and fatigue, to normal muscle function and to normal psychological function (11). **Evidence base:** most trials were small, and several used other magnesium salts or higher doses; this combination has not itself been trialled.

For health professionals. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease.

WHO BENEFITS MOST

Poor sleep
Slow to fall asleep, waking in the night or unrefreshed; older adults especially.
Expect: better sleep within about 4 weeks

Stress, tension, low mood
Feeling wired, tense or low; magnesium eased depression and anxiety.
Expect: calmer within 2 weeks

Premenstrual symptoms
Mood changes before periods, or migraine; pairs well with Vitex.
Expect: easing by the second cycle

At risk of low magnesium
Long-term PPIs or diuretics, insulin resistance, raised blood pressure.
Expect: steady benefit over 3 months

HOW TO USE IT IN PRACTICE

- **Starting:** 2 capsules once daily, 30 to 60 minutes before bed, every night.
- **Monitoring:** a 2-week sleep diary (time to fall asleep, night wakings); a 2-cycle symptom diary for PMS; blood pressure and glucose where relevant.
- **Review:** sleep at 4 weeks, PMS after 2 cycles, blood pressure and glucose at 3 months. Still sleeping poorly at 8 weeks: refer.
- **With prescribed treatment:** fine with blood pressure medicines, metformin and antidepressants; space it from those in section 3.
- **With Draxer products:** Vitex for PMS or a short luteal phase; GynoEssence or Berberine for insulin resistance; Ubiquinone for migraine prevention or statin users; Chamomile Tea at bedtime; Vitamin D3 + K2 when vitamin D is low.
- **Supporting nutrients:** magnesium contributes to electrolyte balance; zinc to normal immunity and fertility (11).

SIDE EFFECTS AND SPECIAL GROUPS

Common	None expected; 93% had none at this dose (1).
Uncommon	Loose stools, stomach cramps or nausea; dose related (15). Take after a light snack.
Zinc	Occasional nausea or metallic taste; copper loss occurs only with long-term high doses (16).
Overdose	Diarrhoea first; high blood magnesium is rare with healthy kidneys (15). Both minerals are under EU upper levels (17).
Age 12 to 17	Both minerals are within the EU upper levels for this age (17); use on the clinician's advice.
Kidney, liver	Kidney impairment: magnesium can build up; avoid if severe (15). Liver: no change expected.

03 INTERACTIONS AND CAUTIONS

- **Dolutegravir and other integrase inhibitors:** take the antiretroviral 2 hours before or 6 hours after (18).
- **Tetracycline and quinolone antibiotics:** take the antibiotic 2 hours before or 4 to 6 hours after (15, 16).
- **Bisphosphonates:** separate by at least 2 hours (15).
- **Levothyroxine:** separate by 4 hours.
- **Gabapentin, penicillamine:** separate by 2 hours (16).
- **Iron tablets:** take at a different time of day.
- **Potassium-sparing diuretics, kidney impairment:** magnesium can build up (15).
- **Blood pressure and diabetes medicines:** a small added effect is possible; monitor when starting.

04 PREGNANCY AND BREASTFEEDING

Pregnancy: suitable within recommended intakes. Magnesium 242 mg and zinc 10 mg are within the daily amounts recommended in pregnancy, and below the upper levels (15–17).

Breastfeeding: suitable. Both amounts are also within those recommended while breastfeeding (15, 16). The label precaution is the standard one.

05 WHEN NOT TO RECOMMEND

- Severe kidney impairment
- Myasthenia gravis, unless the neurologist agrees (19)
- Children under 12 years
- Severe low mood or thoughts of self-harm: refer
- Insomnia over 3 months, or with loud snoring and daytime sleepiness: refer

PATIENT COUNSELLING CHECKLIST

- ☐ 2 capsules together, 30 to 60 minutes before bed
- ☐ Every night, even when sleep settles
- ☐ Keep a sleep diary for 2 weeks
- ☐ Expect better sleep within about 4 weeks
- ☐ Keep a regular bedtime; less caffeine late in the day
- ☐ Loose stools: take it after a light snack
- ☐ On HIV medicine or antibiotics? Space the doses
- ☐ Count magnesium in antacids and laxatives

Product details. 60 vegetarian capsules (30 days). Store below 30°C in a dry place, away from direct light; keep the lid closed. Shelf life 24 months from manufacture; see pack for expiry. Food supplement made for Draxer Therapeutics by a partner manufacturer. Keep out of reach of children.

References

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