



June 2, 2016 – Grand Rapids, MI

## The Controversy: Calcium vs. Magnesium

When it comes to calcium and magnesium, the controversy seems to be about supplementation.

- What is the best form of each mineral?
- When should you take these minerals?
- Do they interfere with each other?

I've read more of the research on these topics than I care to admit. I won't give you chapter and verse answers; I'll just give you what the totality of the research says.

What's the best form of each mineral? It really doesn't matter. Calcium carbonate and magnesium oxide are the most criticized because they're poorly absorbed. Well, here's some news for you: it doesn't really matter what form you take because they're all poorly absorbed, with only about 25-35% absorbed from the gut. Even that isn't quite as simple as it sounds because absorption also depends on whether a person is stable or deficient in the mineral and how they take the supplement, whether with food or not. There's no single or even series of studies that can definitively answer the question on which is the best form.



I wouldn't worry about the form, but do take calcium and magnesium with food; that seems to be the single biggest determinant of how much is absorbed. If you need more of either, your body will absorb more. If it doesn't, it won't.

I'll get to the other two questions on Saturday.

What are you prepared to do today?

**Dr. Chet**

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