

Cost of Magnesium With Different Carriers 12-29-03

Please note that although magnesium citrate has a 30% higher absorption rate than magnesium oxide it costs 70% more per kilogram and requires twice as much space to get the same amount of magnesium. This makes the price 2 1/2 times higher than magnesium oxide while requiring twice as many tablets.

You will see that all the delivered magnesium in magnesium gluconate is similarly more expensive than delivered magnesium oxide.

Absorption percentages came from a 2001 survey of the scientific literature on absorption of various magnesium salts. ¹

Extracts From The Study

Form (= Salt)	% Mg Delivered per Kg	Net Mg Delivered per Kg	% Absorption	Amt of Mg Absorbed (Grams)	Cost of Mg Salt per Kg	Cost/ Gram of Net Mg Delivered
Mg gluconate	10%	100	19.26%	19.26	\$18.00	\$0.93
Mg oxide	40%	400	22.80%	91.2	\$10.50	\$0.12
Mg citrate	20%	200	29.64%	59.28	\$18.00	\$0.30

Looking at the last column, you can see that, after concentration and price is considered as well as absorption, magnesium oxide is actually the best buy for getting the most useable magnesium into your body for the money. It is a 2 1/2 times better buy than magnesium citrate and an almost eight times better buy than magnesium gluconate.

This is the main reason that magnesium oxide is used so often in multivitamin formulas. Since a great majority of consumers want to take less tablets while getting the most possible nutrition, magnesium oxide is, by far, the preferred form.

In fact, when all the factors are considered, magnesium citrate is 2 1/2 times more expensive than magnesium oxide, while it requires twice as many tablets to give you the same dose.

1. Ranade VV, Somberg JC. Bioavailability and pharmacokinetics of magnesium after administration of magnesium salts to humans. [Am J Ther. 2001 Sep-Oct,8\(5\):3](#)

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