

# Magnesium

Like lithium, magnesium is a natural mineral. It is part of our diet, and deficiencies of magnesium have been linked to depression. Magnesium also has effects in the brain that we know are helpful in bipolar disorder, such as blocking the transmission of calcium and N-methyl-D-aspartate.

Magnesium can help in rapid cycling bipolar, particularly when used with the medication verapamil. It has also been used to enhance the sleep-benefits of melatonin, and to treat muscle problems like teeth grinding and muscle tics.

Quick Facts: Magnesium	
How natural?	It occurs naturally in the body and is part of our diet.
Benefits in bipolar	Rapid cycling bipolar
Side effects	Rare. Possible low heart rate.
How to find it	Online stores (Amazon, Drugstore.com) or specialty supplement shops
Dose	375mg magnesium oxide daily.