

MAGNESIUM

Salt	Form	Strength	Elemental Mg ⁺⁺
Magnesium glucoheptonate (Magnesium Rougier®)	liquid	100 mg/mL	5 mg/mL (0.4 mEq/mL, 0.2 mmol/mL)
Magnesium complex	tablet	50 mg 100 mg	50 mg (2 mmol*) 100 mg (4 mmol*)
Magnesium sulphate	injection (10 mL)	200 mg/mL	0.8 mmol*/mL
Magnesium sulphate (Pharmacy Use only)	injection (50 mL)	500 mg/mL	2 mmol*/mL

*1 mmol = 2 mEq Mg⁺⁺

Treatment of Hypomagnesemia:

Parenteral (Magnesium Sulphate)

Mild-Mod deficiency: 5 g (20 mmol) in 100mL D5W or NS IV over 3-4 hours, repeated daily x 1-3 doses.*

Severe deficiency: 5 g (20 mmol) in 100 mL D5W or NS IV over 3-4 hours. Repeat Q12-24H x 3-4 doses.*

Renal Insufficiency 2 g (8 mmol) in 50 mL D5W or NS over 30-60 minutes or 5 g (20 mmol) IV in 100 mL D5W or NS over 3-4 hours x 1 dose. Recheck serum magnesium level.*

* Can monitor serum magnesium level 4-6 hours after end of last dose in a series

Oral Replacement

Mild deficiency: 12.5-17.5 mmol Mg⁺⁺/day (25-35 mEq Mg⁺⁺/day)
Magnesium glucoheptonate - 60-90 mL/day in 3-4 divided doses
Magnesium complex - 300-400 mg/day in 2-3 divided doses