

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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What can we help you find today?

ABOUT US

[Our mission, vision & core values](#)

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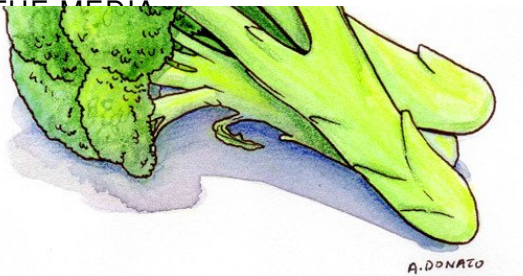
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FOR THE MEDIA



Common Names

- Comes in many forms including:
- Magnesium glycinate
- Magnesium oxide
- Magnesium carbonate
- Magnesium hydroxide (Milk of Magnesia)
- Magnesium sulfate (Epsom salts)

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For Patients & Caregivers

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is
it?

What are the potential uses and
benefits?

What are the side
effects?

What else do I need to
know?

For Healthcare Professionals

Brand
Name

Clinical
Summary

Food
Sources

Purported Uses and
Benefits

Mechanism of
Action

Contraindications

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Email your questions and comments to aboutherbs@mskcc.org .

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