

## **Milk of Magnesia (Magnesium Hydroxide)**

Milk of Magnesia [Magnesium Hydroxide, Mg (OH)<sub>2</sub>] is used as an antacid or a laxative. The mineral form of Magnesium Hydroxide is Boucite.

Magnesium Hydroxide stops the absorption of Folic Acid and Iron. The diarrhea caused by Magnesium Hydroxide drains the body's supply of Potassium and causes muscle cramps. Magnesium Hydroxide is a salty over the counter hyper-osmotic laxative that causes bowel movements by pulling water into the bowel from surrounding body tissue. This dehydrates the tissue.

Saline (salt) Hyper-osmotic laxatives are used for emptying the lower intestine and bowel. Long-term use causes laxative addiction. Excessive use by people with kidney damage can cause weakness, drowsiness and dizziness because the salt builds up in the body.

The hazardous Chemical Database warns that taking large amounts Of Magnesium Hydroxide can cause gastrointestinal irritation, diarrhea, nausea and vomiting.

Excessive amounts of Magnesium Hydroxide can cause heart problems, central nervous system problems, depression, respiratory paralysis, kidney damage and digestive tract abnormalities. The dust of magnesium hydroxide is an irritant to the lungs and contact with the eyes or skin causes irritation. Dow Chemical Company sells Magnesium Hydroxide. It is mixed with sewage waste and used as topsoil. It is used in the manufacturing of fertilizer, rayon, fuel oil and coal, as well as in medical treatment, Uranium refining, waste water treatment, smoke suppressants, reinforcing filler in rubber and plastics, as a polymer stabilizer, flame retardant and ceramic additive.

Magnesium Hydroxide should not be used by people that are taking medications such as Cinoxacin (Cinobac), Digoxin (Lanoxin), Diazepam (Valium), Enoxacm (penetrex), Ferrous Sulfate (iron), Flucozanol (Ditlucan), Indomethacin, or used by people with kidney problems, pregnant, or breast feeding, or people that are allergic.

Magnesium Hydroxide side effects are unusual tiredness, light-headedness, mood or mental changes, constipation, diarrhea, muscle weakness, heart problems and loss of appetite.

Magnesium hydroxide is an ingredient in Phillips Milk of Magnesia, gaviscon, Gelusil, and Mylanta; renew Life's "Cleanse Smart", Enzymatic Therapy's "Whole Body Cleanse", Roluids, Di-Gel and Maalox.