



Letter to the Editor – Use of Magnesium and Gabapentin

Hello Katherine,

I want to thank you for the article "Magnesium and Gabapentin" in the August 2024 issue of Neuropathy Hope.

The thing is I thought I was OK taking my Gabapentin at night before bedtime. The instructions about Gabapentin only referenced antacids as having magnesium in it. So no problem since I rarely take antacids. Then recently, I was reading the label of my Glucosamine & Chondroitin supplement and saw that it contains Magnesium! I have been taking this supplement with my Gabapentin for the last 5 years. So it's no wonder that I would wake up 2 - 3 times in the night and my feet were so agitated (and I would go rock in my rocking chair for about 20 min). I immediately switched to taking the Glucosamine & Chondroitin with my mid-day supplements. And guess what? I am sleeping pretty darn solid through the night with only 1 wakeup to use the toilet. And I can get back to sleep without my feet bothering me. It's been about 3 weeks now. I needed to tell you how much this article has made such an impact on my life and quality of sleep.

Keep up the good work. I appreciate you and all that you do.

Karen C. Hewitt
January 30, 2025