

Mineral Supplement Gut Symptom Checklist

Use this checklist when constipation, diarrhea, nausea, cramping, or bloating changes after iron, calcium, magnesium, a multivitamin, antacid, laxative, electrolyte powder, or supplement blend.

1. Product Details

Detail	Notes
Product name	
Mineral listed	iron / calcium / magnesium / blend
Elemental amount per serving	
Serving size on label	
Actual amount taken	
Form listed on label	
Prescription, OTC, supplement, antacid, laxative, electrolyte, or multivitamin?	
Timing with meals or other medicines	

2. Symptom Timeline

Symptom	Start date	Better, worse, or same?
Constipation		
Diarrhea or urgency		
Nausea		
Abdominal pain or cramping		
Bloating		

3. Duplicate Product Check

List any other products that contain iron, calcium, magnesium, fiber, laxatives, antacids, probiotics, herbals, or electrolyte blends.

4. Questions To Ask

- Could this mineral, dose, product form, or timing contribute to my symptom pattern?
- Am I taking duplicate minerals across products?
- Does timing with meals, thyroid medicine, antibiotics, fiber, or antacids matter?
- If this product was prescribed or recommended, what should I do if symptoms make it hard to continue?
- What symptoms should make me call sooner?