Leyla Weighs In: Drug-Induced Magnesium Depletion

written by Leyla Muedin MS, RD, CDN | March 20, 2026



Feeling fatigued or experiencing muscle cramps? It might be your medication. “Leyla Weighs In” on the surprising effects of drug-induced magnesium deficiency. She explores the vital role of magnesium and how common drugs might be depleting this essential mineral.