



Magnesium Chloride

Overview

Magnesium chloride provides magnesium, a mineral that is important in maintaining the function of our nerves, cells, bones, muscles, and heart. It plays an integral role in the synthesis of energy within cells, creating DNA, and supporting bone density. Most people get enough magnesium through their diet, but sometimes supplementation is necessary. Foods that are high in fiber generally contain high amounts of magnesium as well. These foods include nuts, dark chocolate, avocados, fatty fish, seeds, and whole grains. Magnesium salts are administered in the case of magnesium deficiency; Magnesium chloride is one of the most commonly magnesium salts used medically. Magnesium deficiency is most common in women, African Americans, and the elderly. Conditions such as osteoporosis, high blood pressure, arteriosclerosis, diabetes, and stroke have been linked to low blood levels of magnesium. Other situations, such as alcoholism, poor diet, poorly controlled diabetes, diuretic medications also contribute to magnesium deficiency requiring treatment.

Other Uses

Known as “the relaxation mineral”, magnesium may help with lowering stress and anxiety and getting a better nights rest.

Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 300mg/ml

Route of Administration: For IV Injection only

Storage

Store at controlled room temperature. Protect from light.