



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. 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, and diuretic medications also contribute to magnesium deficiency requiring treatment.

Other Uses

Magnesium may help with lowering stress and anxiety and getting a better night's rest.

Side Effects

Parenteral magnesium administration is generally well tolerated, with minimal side effects. Close monitoring of the individual is generally recommended.