

Magnesium Chloride IV Therapy

Quick Facts

Type	Essential Mineral
Supports	Muscle function, relaxation, electrolyte balance
Common Uses	Muscle cramps, relaxation, hydration
Duration	Lasts hours to days

What it Does

Magnesium chloride helps regulate muscle function, supports hydration, and calms the nervous system. It is commonly used for muscle recovery and stress relief.

Benefits

- Relieves muscle cramps
- Promotes relaxation
- Supports hydration and electrolyte balance
- Aids nervous system health

Sunflower Wellness and Hydration
heidi@sunflowerwellness-hydration.com