



# Liquid Magnesium

AVAILABLE IN 100ML DROPPER BOTTLE

Liquid Magnesium can be used with MgUlti for people who need additional magnesium supplementation. Alternatively, practitioners can prescribe Liquid Magnesium to individuals with compromised digestion; for older or younger people who struggle with taking capsules.

## INDICATIONS

- Sleeping challenges: light sleeping, waking in the night
- Easily woken by noise, unrefreshing sleep
- Snoring
- Muscle twitching – day and night
- Restless legs
- Muscle aches and tension
- Support for mood, worries and anxiety
- Low energy/ fatigue
- Stress management
- Headaches and migraines
- Ringing in ears
- Cardiovascular health
- Nervous system support
- Premenstrual cramps
- Hypertension
- Magnesium deficiency

## INGREDIENTS

Ingredient	Per 1ml	Per 4ml
Magnesium Chloride	833mg	3,332mg
Total Magnesium	833mg	3,332mg
Total Elemental Magnesium	100mg	400mg

## COMPANION PRODUCTS

SleepDrops Practitioner Only Products: SleepDrops MgUlti and SleepDrops MAX  
SleepDrops Premium Range: Daytime Revive and Essential Sleep and Stress Nutrients.

## FEATURES & BENEFITS

Feature	Benefit
Liquid form	Flexible dosage and easy to mix with juice or water. Great for patient compliance.
High strength	1ml = 100mg of elemental magnesium
Fast absorption	Doesn't need to be broken down prior to absorption.
Therapeutic doses of magnesium	Supports overall health and wellbeing with the required amount of elemental magnesium to correct nutritional deficiency.

## CAUTIONS & CONTRAINDICATIONS

Not recommended for use with heart block without a pacemaker.  
Magnesium supplementation may decrease the absorption of some medications. Liquid Magnesium should be used 2 hours away from medications, such as tetracycline and quinolone antibiotics.  
Magnesium supplementation can cause loose bowel movements. The threshold at which this may occur varies between people. If you feel uncomfortable please, lower the dose until bowel movements stabilise.

## FREQUENTLY ASKED QUESTIONS

1. Will Liquid Magnesium interfere with any medication? Magnesium supplementation may decrease the absorption of some medications. Liquid Magnesium should be used 2 hours away from medications, such as tetracycline and quinolone antibiotics. Please consult with your healthcare provider.
2. Can I take during pregnancy and breastfeeding? Yes
3. Are there any adverse reactions? Some magnesium supplements or high dosing may cause loose bowels.
4. Why should I choose liquid magnesium? Liquid magnesium is easily absorbed, highly flexible dosage and broad therapeutic action.



## DOSAGE INSTRUCTIONS

For best results, use for a minimum of one month or as directed by a healthcare professional.

**Adult**  
1mL to 4mL per day

**Children**  
Aged 9 – 13 years  
1mL to 2.5mL per day

**Aged 4 – 8 years**  
1mL to 1.5mL per day

Note: 1mL = 100mg elemental magnesium