



Magnesium - IV Push

What is Magnesium IV Push?

This IV push contains magnesium and B6. Magnesium is an essential mineral that is a cofactor in over 300 enzymatic reactions in the body. It is needed for proper muscle contractility, blood pressure regulation, hormone, DNA and neurotransmitter synthesis, glucose metabolism, energy production, and bone health.

Magnesium has a bronchodilating and anti-inflammatory effect, increasing airflow to the lungs. It also inhibits the release of histamine, which constricts bronchi and bronchioles.

Magnesium helps regulate calcium levels in muscle and nerve cells, preventing muscle cramps and spasms and headaches. It also helps replenishes ATP (the body's fuel source) after vigorous exercise.

Magnesium is involved in the production of melatonin and serotonin, promoting healthy sleep wake cycles and mood.

Ingredients

- Magnesium Sulphate
- B6
- Sterile Water

Procedure

This IV has one component, administered from a hanging intravenous bag into a single IV access site.

Uses

- Anxiety states, sleep disorders, PMS
- Headache/migraines
- Asthma, respiratory distress
- Magnesium depletion
- Muscle spasms, pain, cramps, and fatigue
- Atrial fibrillation, arrhythmia
- Hypertension
- Seizures
- Acid reflux
- ADHD

Side Effects

Common

- Heat & flushing sensation
- Fatigue
- Nausea
- Irritation at IV access site

Rare

- Temporary numbness in hands from rapid infusion
- Syncope

Duration

30 minutes

