

Magnesium Chloride is a naturally occurring compound composed of two chloride ions and one magnesium ion, and contains 24 percent elemental magnesium by weight. It is commonly used as a supplement to assist with magnesium deficiency and works to support heart health, immune system health, cognitive function, and bone health. It may also assist with sleep and induce feelings of relaxation.\*

**Suggested Use:** As a supplement take 2-4 capsules per day. It can be taken in the morning or at night, with or without food. Taking a smaller dose multiple times a day reduces the chance of side effects such as diarrhea.

**Storage:** Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.



**Double Wood**  
SUPPLEMENTS

# MAGNESIUM CHLORIDE

**1000 mg**  
per serving

- \* Supports Cell, Nerve, Muscle, and Heart Function
- \* Supports Sleep and Mental / Physical Relaxation

**180 Capsules**  
Dietary Supplement

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 90

Amount per Serving		% Daily Value
Magnesium (from Magnesium Chloride)	120mg	29%
Magnesium Chloride	1000mg	†

† Daily Value not established

**Other Ingredients:** Bovine Gelatin (capsule), rice flour

**WARNING:** Consult your physician before use if you are taking any medications. Do not use Magnesium Chloride if you are pregnant, nursing, or under 18 years of age. Do not use Magnesium Chloride if you suffer from kidney disorders or Ulcerative colitis.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Magnesium Chloride and operate heavy machinery until you know how it affects you. Keep out of reach of children. Do not exceed 8 capsules per day.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for:  
Double Wood LLC

3510 SCOTTS LN STE 219  
PHILADELPHIA, PA 19129-1573  
United States

[www.doublewoodsupplements.com](http://www.doublewoodsupplements.com)