

TOPICAL MAGNESIUM GEL



Benefits

- Supports normal muscle relaxation
- Supports healthy skin
- Supports occasional muscle tension

Highlights

- Natural magnesium chloride solution
- Zechstein Inside® magnesium, the purest and most pristine source of natural magnesium salts in the world

Recommended Use

Massage into the arms and/or legs as needed to provide a large area for absorption. This product delivers approximately 150 mg of elemental magnesium per 1/4 teaspoon applied to the skin.

Some users of the magnesium gel who have sensitive skin may experience tingling and/or some slight irritation at the site of application due to the high concentration of magnesium chloride. This effect is harmless and can vary based on several factors, including the application site and amount applied. Diluting the magnesium gel 1:1 with pure spring water can reduce this effect, although it is a matter of personal preference. Those who do experience this effect often report that the tingling lessens with each subsequent application.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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