

It is an **Essential mineral** that **can't be produced by the body.**

Must be **replaced daily.**

RDA 300 -400mg
Essential for
preventing deficiency.
In 4 – 6 weeks.

Supplementation orally:
= 20% absorption
Increased dosage = Diarrhoea

Zechstein: Guarantees the purest natural source.

Magnesium Chloride Oil - Does not feel oily.

18 - 20 sprays = 420mg elemental magnesium.

In developed countries, the recommended dietary amounts of magnesium have been set at 6 mg/kg day. (PUBMED)

Zechstein Magnesium Oil is a saturated solution consisting of 31% magnesium chloride & 69% water

MAGNESIUM IS IMPORTANT (From the web)

- Healthy bones and teeth.
- Heart & circulation
- Healthy blood pressure
- Metabolism
- Muscle cramps
- Healthy skin
- Healthy joints
- Treatment of pain & migraine
- Period pains & menopause complaints
- Stress & sleeping problems
- Weak immune system
- Depression & anxiety
- Excess weight
- Diabetes
- Anti-aging therapy
- Exercise and high performance sport
- Health care.
- Pregnancy & Breastfeeding

APPLICATION:

Apply to the skin, where it is absorbed and transported into the cells.

Itching can be experienced = start with a low dosage. Gradually increase so that skin gets used to it. Can be diluted 1:1

Gently massage in.

Penetration takes 5-10 min.

Can be left on or washed off.

IN CASE OF ACUTE CRAMP: Spray directly onto painful area. Colic babies DILUTE MORE.

Not on open wounds.

Keep out of eyes and genitals!

Wash hands after use.....

Possible skin irritation.

Magnesium causes relaxation of muscles & helps calcium contraction.

Cramps:

Vascular wall = Hypertension.

Bronchial tubes = Asthmatic attacks.

Bone muscles = Lactic acid formation

= Restless legs

Regulates the transmission of impulses to muscles and nerves.

Calms our nervous system and restores damage done due to stress.

Reduces regenerative time of muscle.

Activates over 300 enzymes: Carbohydrates and proteins.

Enzymes are involved in every chemical reaction in our bodies.

= Regulates temperature

= Cell formation

= Protein production - Musculature or
- Connective tissue

The **most important metabolic manager.**

Kick-starts the enzymes for reducing fat.

Magnesium plays a more important role in bone stability and prevention of cavities in teeth, than calcium.

Magnesium hardens teeth.

Calcium cannot be utilised if there is not enough magnesium.

Bones and Teeth.

For babies, children and the elderly.

Yes, to 2 questions could be a deficiency. DEFICIENCY TEST

(From the web)_

- Are you often stressed?
- Frequently drink alcohol?
- Wake up at night with cramps?
- Are your muscles stiff after physical activities?
- Muscle tension especially in the neck and shoulders?
- Suffer from migraines?
- Are you diabetic?
- Sensation of tingling or numbness in arms or legs?
- Primarily live off fast foods?
- Frequently drink fizzy soft drinks?
- Sometimes experience twitching of eyelids?
- Suffer from menstrual cramps?
- Do you regularly takes medication:
Diuretics, ACE inhibitors, laxatives or cardio tonics?

DO NOT USE

- **LOW BLOOD PRESSURE.**
- **KIDNEY PROBLEMS.**

This product is not intended to diagnose, treat, cure or prevent any disease.