

Day Spray

A fusion of Magnesium and Arnica for greater Health & Vitality.

Essential Magnesium's unique combination of natural ingredients provide for fast absorption and effective assistance for greater Health and Vitality in a convenient and easy to apply spray.

- Ideal for general health and wellbeing.
- Ideal for everyday use.

Excellent Quality Blend: Every ingredient is specifically chosen to work together to help you feel better and live a happier healthier life.

- Contains Magnesium and Arnica in a topical spray.

Magnesium: Applied topically has been shown to increase cellular magnesium levels. Magnesium is required for normal cellular function and healthy muscle relaxation.

Arnica Montana: Reduces pain and stiffness in muscles and joints.

HOW TO USE: Day cream applied liberally to the required area for relief and generously to improve cellular magnesium levels. Repeat as required.

CONTAINS: 50% Magnesium chloride hexahydrate, 2 sprays contains approximately 100mg elemental magnesium.

KEY INGREDIENTS AND WARNINGS:

Natural formulation: Magnesium chloride hexahydrate, Aqua, Arnica, Polysorbate.

Warning: Sprays are not recommended for children under 12 due to the increased possibility of tingling. This tingle is the magnesium drawing into the skin.

If you experience the magnesium tingle apply after a shower whilst still wet until your body has adapted to absorbing the magnesium through the skin. With continued use this tingle will subside.

Do not apply to broken or inflamed skin.

EVIDENCE: Chandrasekaran NC, Sanchez WY, Mohammed YH, Grice JE, Roberts MS, Barnard RT. Permeation of topically applied Magnesium ions through human skin is facilitated by hair follicles. *Magnes Res* 2016; 29(2): 35-42 doi:10.1684/mrh.2016.0402.

ALL NATURAL
AND DRUG FREE
FORMULATION

MAGNESIUM
& ARNICA



Available in 125ml, 250ml (spray)