

## Night Spray

Premium Natural Sleeping Aid for A Good Night's Sleep - Pure Magnesium Oil Spray Blended with a combination of Calming Essential Oils.

Our Night Spray is a light weight watery spray with a touch of an oil feel and is a natural sleeping aid made of a unique blend of ingredients and organic essential oils that work together to help give you a deeper and more restful sleep every night. Works effectively whether you are a light sleeper, simply can't get to sleep at all, wake with restlessness or nighttime cramps.

**Excellent Quality Blend:** Every ingredient is specifically chosen to work together to help you sleep better by relaxing the body and mind for a full night's rest.

**Magnesium:** Works as an effective muscle relaxant because of its ability to relax the brain and nervous system. Magnesium is known to assist with restless legs and nighttime cramps.

**Lavender:** Studies have shown lavender oil helps alleviate anxiety, sleep disturbance and even combats depression.

**Sweet Marjoram:** Commonly used to treat people with sleep disorders for its ability to calm and sedate the mind which reduces hypertension and calm the nervous system.

**Arnica Montana:** Reduces pain and stiffness overnight allowing you to move more freely on waking.

**HOW TO USE:** Night Spray applied liberally to the feet, legs and back of neck 15 minutes prior to bed.

**CONTAINS:** 50% magnesium chloride hexahydrate, 2 sprays contain approximately 100mg elemental magnesium.

### KEY INGREDIENTS AND WARNINGS:

**Natural formulation:** Magnesium chloride hexahydrate, Aqua, Arnica, Lavendula angostifolia, Marjorana hortensis, 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,  
LAVENDER  
& SWEET  
MARJORAM



Available in 125ml, 250ml (spray)