### essentialmagnesium

# **Recovery Cream**

# A fusion of 6 natural ingredients scientifically combined for fast Natural Pain Relief!

Recovery Cream is a natural pain relief cream made of a unique blend of ingredients and organic essential oils that work together to provide fast and effective relief to all forms of muscular aches, pains and injuries. Beneficial for sports recovery.

**Magnesium:** Vital for cellular health, reduces muscular aches and pains.

**MSM:** Reduces pain and inflammatory response, assists cellular byproducts and excess fluid release, supports new joint and muscle tissue development.

**Arnica Montana:** Reduces pain and stiffness in muscles and joints and reduces swelling.

**Peppermint:** Releases tight muscles, reduces muscle and nerve pain.

**Eucalyptus:** Provides an anti-inflammatory effect on muscle and joints and naturally enduces an analgesic effect.

**Ginger:** Reduces joint pain and stiffness and reduces post exercise pain and reduces swelling.

**HOW TO USE:** Recovery cream applied liberally to the required area for Natural Pain Relief. Repeat as required.

**CONTAINS:** 29% magnesium chloride hexahydrate plus 2% Arnica. 5g (1 teaspoon) contains 300mg of elemental magnesium.

#### **KEY INGREDIENTS AND WARNINGS.**

Cream Ingredients: Distilled water, Magnesium Chloride Hexahydrate, Sweet Almond Oil, Glycerine, Cetearyl,GlycerylStearate, Sodium Stearoyl Lactylate, Methyl Sulfonyl Methane, Hydroxypropyl Starch Phosphate, Mentha Arvensis, Arnica Oil, Phenoxyethanol, Eucalyptus Globulus, Zingiber Officinalis.

If symptoms persist consult your healthcare practitioner. Always read the label. Use only as directed.

Some people may experience a tingling affect when they first apply, this is simply the magnesium being drawn into the 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

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ALL NATURAL AND DRUG FREE FORMULATION

INGREDIENTS

essentialmagnesium

## **Recovery** Cream

Magnesium, MSM, Amica, Peppermint, Ginger

100% Natural

Magnesium is proven to be beneficial for aches, pains, stress, cramps and restes les. Maintains your body's vital magnesum bes.

Available in 125ml, 250ml (pump) and 500ml (pump) AUST L: 289989.

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