

This transdermal magnesium spray allows your body to absorb magnesium via the skin, effectively bypassing the digestive system and gaining faster access to cells. It is a superior method of absorbing magnesium to tissue cells in the case of magnesium deficiency compared to taking tablets and powders, which are inefficiently digested and mostly expelled as waste. The gut wall can only cope with dilute amounts of magnesium - otherwise the stool liquefies and you lose the magnesium too quickly. Your internal tissue cells in muscle and bone may be starving for more magnesium, but the only way to absorb very large amounts of magnesium ions naturally is to let the skin do all the work via a transdermal magnesium oil application. In cases of magnesium deficiency, apply once daily to skin on arms and legs to raise magnesium levels in the body.

**Magnesium Oil** application to arms and legs.  
Ingredients: Purified Water, Magnesium Chloride Hexahydrate,  
Essy Acidity (5%), Peppermint Essential Oil.  
Made in Australia  
Best before (24 months)

