

No further digestion required:

Magnesium chloride hexahydrate dissolved = ionic soluble magnesium ready to take up by cells without further digestion.



Elektra[®] MAGNESIUM

Nutrition Via Skin - feels sooooo good!
ALL NATURAL INGREDIENTS

www.elektramagnesium.com.au

Mg CREAM

AUST L 183096



Mg Content: One dessertspoon of cream applied all over the body = 250-300mg magnesium.
Approx 20 different ingredients including raw shea butter packed with Nature's vitamins. The most nutrient dense magnesium cream!

Use for:

- ✓ Hydration
- ✓ Younger looking skin
- ✓ Skin barrier protection
- ✓ After sun skin care
- ✓ Anti-itch / Eczema
- ✓ Dermatitis / Psoriasis
- ✓ Rosacea / Surface veins
- ✓ Acne / Skin repair
- ✓ Cramps / Muscle spasms
- ✓ Restless Legs
- ✓ Pain / Inflammation
- ✓ Water retention
- ✓ Stress relief
- ✓ Underarm deodorant

Keep your cell MAGNESIUM BANK ACCOUNT BALANCED for HEART HEALTH!

Transdermal magnesium chloride is another way Nature helps us get enough magnesium when food and digestion do not provide enough to compensate for loss caused by stress. Via passive transdermal absorption into the nutritional reservoir of the epidermis the body can self-regulate what it takes up. Athletes and those with high levels of stress can need as much as 1,000mg magnesium per day to maintain optimum levels. Magnesium is vital for metabolism and production of ATP by mitochondria. It is our biological power point charging enzyme activity and supporting other nutrients. There are more magnesium receptors in the left ventricle of the heart than any other muscle.



Mg OIL SPRITZ

Glides on easily, absorbs better without sticky irritating residue and smells like fresh mandarins! Combines well with Mg Cream.



Mg Content: 7-8 sprays = over 400mg magnesium.

Use in MASSAGE of tight muscles for relief of:

- ✓ Cramps, spasms
- ✓ Restless legs
- ✓ Tension / stress symptoms

Mg FLAKES (FOOD GRADE)



- ✓ Hydration / Electrolytes
- ✓ Relaxation muscles & joints
- ✓ Promote better sleep
- ✓ Cleansing / Detoxification

Mg Content:

Mg Footsoak / Bath
20-30 minutes = 300-400mg.
Drinking water: Add approx 1/2 gram (small pinch) flakes per litre filtered water to make electrolyte water for better hydration. 160mg magnesium per gram flakes. 3 litres of mineral water per day would equal approx 240mg magnesium.

