



# Elektra<sup>®</sup> MAGNESIUM

Nutrition Via Skin - feels sooooo good!  
ALL NATURAL INGREDIENTS

www.elektramagnesium.com.au



- ✓ Nothing to digest
- ✓ Get more magnesium
- ✓ Beautiful skin

## Mg CREAM (mild)

AUST L 183096



Light Medium Medium Rich  
(Texture of cream)



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:

- ✓ Skin Hydration
- ✓ Anti-aging skin care
- ✓ 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

### Suffering 'BURN OUT'?

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 1,000mg or more 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. Keep the heart pumping with magnesium charge.

USER GUIDE



Use in MASSAGE for relief of tight muscles and pain :

- ✓ Circulation
- ✓ Cramps, spasms
- ✓ Restless legs
- ✓ Tension
- ✓ Stress

Both glide on easily, absorb well without sticky irritating residue. They combine well with Mg Cream if skin barrier needs more fats.

## Mg OIL SPRITZ (strong)

7-8 sprays = over 400mg magnesium.



## Mg CHARGE LOTION (medium)

One dessertspoon = 550mg magnesium.



## Mg FLAKES (MgCl<sup>2</sup>.6H<sub>2</sub>O) FOOD GRADE)

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

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 = approx 240mg magnesium.

