





# Magnesium deficiency is real. Over 80% of adults are deficient in magnesium.

Modern agricultural practices, water filtration systems, lifestyle choices, age, overall health and medications can all impact the amount of magnesium our bodies have access to. Some experts believe that upwards of 80% of adults are deficient in magnesium and are not reaching their daily intake recommendations. Symptoms of magnesium deficiency include:

- anxiety
- · insomnia
- · muscle aches
- · muscle spasms
- poor digestion



#### TIP #1: APPLY AT NIGHT, BEFORE BED



Magnesium is an essential mineral that can provide deeper relief, so long as it has time to fully absorb. The best time to do this is at night, while the body cools and relaxes, and the body is looking for mineral stores to replenish the hard work from the day.

Leaving magnesium on your skin throughout your sleep will help maximize the amount absorbed.

#### TIP #2: APPLY ON LEGS



Looking for restless legs relief? Daily, consistent use of topical magnesium helps with:

- DEEPER SLEEP
- RESTLESS LEG RELIEF
- FASTER MUSCLE RECOVERY
- INCREASED ENERGY LEVELS
- OVERALL RELAXATION

#### TIP #3: CONSISTENT, DAILY USE



2X Per Day

30 Days

Spraying once and calling it a day isn't going to cut it! It is highly recommended to consistently use topical magnesium to uptake your levels over a period of a month or more.

We recommend to use twice per day, but more importantly, daily use for 30 days or more. Like any regimen, the body will respond but it may take some time depending on your current levels of magnesium as well as your own physiology.

#### TIP #4: USE WITH MOISTURIZER

### SHEA **ALOE** MANGO **JOJOBA** COCONUT





We created moisturizers specifically with comfort & function in mind.

Magnesium oil is a highly concentrated saline solution when applied directly with the body spray. For some, this can cause discomfort and irritation, especially if applied near open wounds or sensitive skin areas.

Magnum Solace body lotion and body butter utilize opulent oils and natural butters to hydrate and moisten the skin to combat irritation that may arise.



We've created premium topical magnesium products by sourcing magnesium chloride from one of the world's most naturally healing bodies of water - the Dead Sea. We use pure magnesium chloride, triple carbon water filtration, and high quality natural ingredients to create topical magnesium products that customers can feel confident about adding to their routine. MAGNUM SOLACE



MAGNESIUM OIL BODY SPRAY for simple, daily relief and maximum concentration

2 oz and 8 oz sprayers, 34 oz and 64 oz bottles

500 mg/5 ml



MAGNESIUM LOTION rich moisture for overnight absorption

4 oz: unscented, lavender, lemon verbena, or vanilla

250 mg/5 ml



MAGNESIUM BODY BUTTER rich moisture for overnight absorption

4 oz jar: unscented, or lavender tea tree

200 mg/5 ml



MAGNESIUM BATH FLAKES for evening foot and bath soaks

4 oz single bath packets, or 10 lb resealable bags

26 grams/cup

## THE ROAD LESS TRAVELED: MAGNESIUM THROUGH YOUR SKIN

Topical magnesium is absorbed by the body's largest organ: the skin.

Oral magnesium supplements can cause gastrointestinal upset. But many people who experience unpleasant side effects from oral magnesium supplementation find that they can tolerate topical magnesium much easier.

Absorbing minerals through the skin is not a new practice, people have traveled to the Dead Sea for thousands of years to rejuvenate the body and promote healing. Our products harness the same benefits that people have sought from mineral springs and the Dead Sea for centuries. With quicker absorption rates and increases in overall magnesium levels, topical magnesium is a safe and effective solution for most people.

## Storefront





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