

## **Product Application and Usage**

If you are using Magnesium oil for the very first time, please read these instructions in their entirety. Health Leads' ultra pure Magnesium oil contains 100% naturally occurring magnesium chloride and other trace minerals drawn from the ancient Zechstein Sea, applied topically for rapid absorption of magnesium into the cells.

Magnesium oil is applied to the skin using a fine mist spray. To limit overspray, dispense 1-3 sprays into a cupped hand and rub into the skin thoroughly.

- For general supplementation, apply liberally to arms and legs to ensure a large enough surface area for absorption. For joint or muscle pain apply as needed.
- If you experience some slight skin irritation, dilute the oil with 1 part water making a 50% strength solution
- 8 sprays of the oil delivers approximately *100mg of elemental magnesium* on the skin.

*Please Note:* After application you may notice a slight salt-like mineral residue is left when it dries. This is normal, especially in dry climates or heated indoor areas. If you do not like the mineral residue left on the skin, it is advised to apply the magnesium oil 20 minutes prior to showering each day. After 20 minutes, the majority of the magnesium ions have been absorbed and you may rinse off the mineral residue.

### **Important!**

It is recommended to remove any body lotions, creams, and moisturisers prior using Magnesium oil, which can hinder uptake of magnesium ions by the skin.

When using Magnesium oil at full strength, avoid direct contact with eyes, mucus membranes, and other sensitive areas. If redness or irritation occurs, rinse with cool water.

### **Frequency of usage**

Generally speaking, Magnesium oil should be used frequently during the first 3-4 months in order to ensure proper restoration of cellular magnesium levels. It is advisable to begin the first few days of application with modest use, and gradually work up to larger amounts. After this initial period of restoration, some users feel that they need to use Magnesium oil just as much as they were during the first 3-4 months, while others revert to using a few times per week.

### **Magnesium Dosage**

Many prominent researchers feel that the Recommended Daily Allowance (RDA) for magnesium is far too low and is set at the minimum acceptable level to stave off deficiency symptoms, not at the optimum to ensure good health. According to Dr. Carolyn Dean MD, a highly respected medical authority on the subject, research over the past 20 years has shown us that even under ideal conditions approximately 300mg of magnesium is required merely to replace daily losses.

However, as a general rule of thumb, an appropriate daily intake of magnesium should be approximately 3-4 mg per pound of bodyweight. For a 200lb male, this would equate to 600mg to 800mg per day. Chronic health complications, emotional and physical stress, physical injury, athletic exertion and poor lifestyle/dietary choices, all increase your daily magnesium requirements. Women who are pregnant or lactating also have elevated magnesium requirements but must consult a doctor or health practitioner before using.