Magnesium: The Most Important Mineral?

Without enzymes, your body could not carry out the myriad life-sustaining reactions that take place inside your cells every day. And without magnesium, your enzymes would be incapacitated. In fact, magnesium participates in over 300 enzymatic reactions in the body — more than any other mineral. These reactions regulate everything from nerve impulse transmission to muscular relaxation to bone mineralization, just to name a few.

Unfortunately, most of us aren’t getting the magnesium we need from diet alone. In fact, according to the World Health Organization, three-quarters of Americans do not meet the Recommended Daily Intake (RDI) for magnesium (400 mg).1

Your Amazing Skin

Taking magnesium orally is not a viable way for many people to meet their magnesium needs, because at clinically relevant dosages, magnesium supplements tend to have a laxative effect. With topical magnesium, however, the gastro-intestinal system is bypassed completely, so the magnesium is absorbed directly into the cells.

By nature, skin is semi-permeable, meaning it can absorb and excrete certain substances with remarkable efficiency. Transdermal patches are effective delivery systems for active constituents because the skin acts as a direct line to the cells. This is also the reason why topical magnesium is so efficiently absorbed.

For more information about topical magnesium therapy, please visit www.Ancient-Minerals.com/transdermal-magnesium.

Available at:

Distributed by LL Magnetic Clay, Inc.
Livermore, CA 94550 • (800) 257-3315

References


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Ancient Minerals Magnesium Oil Spray

Original Magnesium Oil Spray
Ancient Minerals Magnesium Oil Spray

A highly saturated solution of magnesium chloride and other ancient trace minerals in purified water. Recommended by Dr. Mark Sircus, Ac. OMD, author of Transdermal Magnesium Therapy. Ancient Minerals Magnesium Oil is considered the gold standard by health care practitioners for rapidly restoring cellular magnesium levels through the skin.

Magnesium Oil Ultra Spray
This spray formula is designed to complement magnesium’s actions and further enhance its absorption. MSM, a superior form of sulfur, is a naturally occurring mineral frequently found near hot springs and volcanic craters. Sulfur-containing mud baths have been shown effective for promoting joint flexibility in human clinical trials. Ancient Minerals Magnesium Oils are:

- The best choice for efficiently restoring cellular magnesium levels.
- Our highest potency topical magnesium.
- Magnesium Oil: 100 mg magnesium per ml.
- Magnesium Oil Ultra: 63 mg magnesium plus 120 mg OptiMSM® per ml.
- Easily applied in a convenient spray.

Magnesium Gel

Original Magnesium Gel
Ancient Minerals Magnesium Gel

Plus is a unique gelled formulation of magnesium chloride and other ancient trace minerals with biologically active organic aloe vera extract — specifically designed to remain on the surface of the skin to maximize its soothing benefits. While aloe vera is well-known to support healthy skin, the dermal application of magnesium chloride has shown marked benefits for enhancing skin barrier function, speeding wound healing, and hydrating skin cells.

Magnesium Gel Ultra
Magnesium Gel Ultra adds the power of MSM (methylsulfonylmethane) to this new gelled formula. Mud baths containing sulfur, the primary component of MSM, have been found clinically effective for improving skin health — helping alleviate dryness, flaking, redness, and uneven skin tone. Ancient Minerals Magnesium Gels are:

- The best choice for supporting skin health.
- Out highest potency topical magnesium.
- Magnesium Gel: 100 mg magnesium per ml.
- Magnesium Gel Ultra: 65 mg magnesium plus 65 mg OptiMSM® per ml.
- Perfect for use in massage.
- Easily applied in a smooth gel, which stays hydrated on the skin.

Magnesium Bath Flakes

Original Bath Flakes
Ancient Minerals Magnesium Bath Flakes

Are dry flakes of magnesium chloride and other ancient trace minerals that dissolve immediately in warm water. The most relaxing way to get your magnesium, bath flakes are the best choice for achy muscles and joints. Some of the most important research on transdermal magnesium therapy was conducted using magnesium chloride bath flakes, shown to effectively raise intracellular magnesium levels.

Magnesium Flakes Ultra
In addition to magnesium chloride and other ancient trace minerals, Magnesium Flakes Ultra also includes sulfur in the form of MSM. Not only is this addition designed to facilitate more efficient uptake of magnesium ions, but with its well-established joint-soothing properties, sulfur is the ideal complement to mineral salts. Ancient Minerals Magnesium Bath Flakes are:

- The best choice for achy muscles and joints: approximately 15 g magnesium per cup.
- Effective for stress relief and relaxation.
- Easily dissolved in warm water.

Magnesium Lotion

Original Lotion
Ancient Minerals Magnesium Lotion

Is a smooth, quickly absorbed emulsion of magnesium chloride and other ancient trace minerals in a skin-nourishing base of certified organic coconut oil and shea butter, free of fragrances and formaldehyde-releasing preservatives.

Magnesium Lotion Ultra
Our Magnesium Lotion Ultra is our mildest formulation — perfect for the most sensitive individuals, including children. The addition of MSM is designed to enhance absorption while providing its own skin-soothing properties.

Goodnight Lotion
Magnesium Lotion Goodnight builds on Magnesium Lotion Ultra with the addition of melatonin, a substance naturally produced by the body that regulates the sleep-wake cycle. Like MSM, melatonin easily penetrates the skin. Interestingly, melatonin also plays a role in supporting skin structure, and topical melatonin has been shown to improve skin healing.