

Magnesium Oil Body Spray 100 ml

EAN: 5060148520100 FABRICANTE: BETTER YOU



BetterYou Magnesium Oil Body Spray is our strongest and purest magnesium supplement and provides the best way to replenish magnesium levels. A simple and scientifically proven method of magnesium supplementation.

DESCRIPTION

10 sprays provide 200 mg (57% NRV) of magnesium
Supports natural muscle recovery.
Endorsed by Informed Sport.

Details

Magnesium Oil Body Spray is a saturated solution of ancient seafloor magnesium chloride, one of the most soluble magnesium compounds.

Formulated for topical use, BetterYou Zechstein Magnesium begins to absorb immediately when massaged into the skin, helping to promote overall well-being and natural relaxation.

The magnesium used in Magnesium Oil body spray has been naturally purified over 250 million years to ensure it is free of artificial contaminants and heavy metals.

Specifications

Product size: 100ml/600 sprays

Concentration: 31%

Active ingredient: Magnesium chloride

Absorption tested by: Cardiff University

Importance of magnesium

Magnesium is responsible for 325 chemical reactions within the body and helps support calcium absorption, maintenance of normal bones and teeth, normal psychological function, and healthy functioning of the nervous system.

Magnesium also helps to improve rest and recovery, contributing to reducing tiredness and fatigue, improving electrolyte balance and promoting normal energy metabolism.



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How to use

Spray five to ten sprays over the body and massage well into the skin to encourage absorption. After a shower or bath is a good time to apply it since the skin is warm and the pores are open, which helps with absorption.

Apply anywhere on the body, avoiding delicate areas such as the eyes.

Focus on joints, muscles and areas of interest.

Reapply when necessary.

Contains 600 sprays.

Dose

10 sprays provide 200 mg (57% NRV) of elemental magnesium with optimal absorption.

For children we recommend reducing the dose by half since their need for additional daily supplementation is less than that of an adult.

Storage

Once opened, store at room temperature and out of direct sunlight.

Keep out of the reach of children.

Advisory information

For external use only; Avoid eye contact; Do not use on damaged or broken skin.

Supplements should not replace a balanced diet or a healthy lifestyle.

The Magnesium Tingling

Upon initial application you may experience a slight tingling sensation. This may indicate low magnesium levels and is a result of the high rate of absorption of magnesium through the pores. This will pass with regular use and as absorption begins immediately, the skin can be dried with a towel after massaging.

Suitable for:

All ages

Use during pregnancy and lactation. We recommend consulting your midwife or GP before starting any





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supplementation.
vegetarians
vegans

There are no known contraindications with the prescribed medications.

Thoroughly tested:
dermatologically tested

Ingredients

Zechstein Inside® Magnesium Chloride Hexahydrate Concentrated Solution (water, magnesium chloride hexahydrate ? 31% concentration).

Free of
Natural source
Free of contaminants
Free of heavy metals
Planet-friendly packaging

The box is made from material sourced from well-managed FSC® certified forests and other controlled sources.

The bottle is made of green, plant-based polyethylene (PE) plastic. It is plastic derived from sugar cane, the production of which is carbon negative.

No palm oil derivatives

This product has been certified free of palm oil and palm oil derivatives by the International Palm Oil Free Certification Mark (POFCAP).

Learn more about the Better Planet Project >

The BetterYou font

BetterYou Zechstein Inside® Magnesium Chloride comes from a natural source, deep in the Earth's crust. It has been protected from artificial contaminants for over 250 million years, ensuring quality and purity.


Proudly made in Britain. Never tested on animals.

Manufactured in a GMP facility.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
<https://bio-farma.es/buy/f/better-you/magnesium-oil-body-spray-100-ml>

<https://bio-farma.es> - info@bio-farma.es

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St. Antoni de Calonge (Girona) Spain

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What is the source of magnesium chloride?

We use a unique combination of pure source marine and underground magnesium chloride.

All our magnesium chloride comes from 100% natural mineral sources, alternating between the Zechstein Sea area in northern Europe, the Dead Sea area and, more recently, Irish Sea deposits.

Is it safe to take magnesium orally?

Our magnesium supplements have been developed to be applied directly to the skin, so we do not recommend taking them orally.

I take medication, are there any contraindications?

There are no contraindications with any of our transdermal magnesium products.

However, we always recommend speaking to your GP before starting any dietary supplement if you are taking any medication or have any medical condition.

Can I use transdermal magnesium during pregnancy?

Transdermal magnesium is perfectly safe to use during pregnancy with no restrictions on dosage levels during this time.

While some essential oils are recommended to be avoided during pregnancy, those included in our products (with the exception of Basil in Mind Flakes) are classified as safe. However, if you have any concerns related to your own health, seek advice from your midwife or GP before starting to take dietary supplements.

You can find all of our pregnancy safe supplements here.

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Can I overdose on transdermal magnesium?

You don't need to worry about an overdose when using transdermal magnesium. Upper limits are only set when the product is used orally, as large doses can have a laxative effect due to it being a natural relaxant.


Toxic symptoms from increased magnesium intake are not common as the body eliminates the excess, unless there are serious problems with kidney function.

However, we always recommend speaking to your GP before starting any dietary supplement if you are taking any medication or have any medical condition.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
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