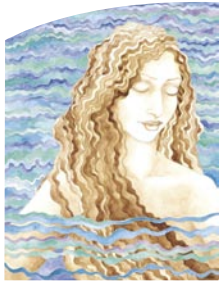


# Elektra Magnesium™



## “The Beautiful Mineral”

Magnesium Chloride Hexahydrate (MgCl<sub>2</sub>·6H<sub>2</sub>O)  
Bath Salts - Flakes for  
Transdermal Magnesium Therapy

### How to Use

Dissolve flakes in filtered water for...

- **Hot Bath** (from 1/2 to 1 cup per bath half full with water)
- **Foot Soak** (from 1 tablespoon per bucket half full with water)
- **Body Spray** (from 1 heaped teaspoon per 250ml)
- **Mouthwash** (from 1 heaped teaspoon per 250ml)
- **Compress** Relieves localised aches/pains, arthritis, wounds etc.
- **Magnesium Oil** 50% medium strength = 50g flakes / 100ml water.

**PURE & NATURAL:** Elektra Magnesium is a naturally evaporated sea salt (less the sodium), with sea trace minerals. The sea water comes from a remote pristine lake 3,200m above sea level in the Tibetan Plateau. It has been independently laboratory tested to show NO mercury and NO lead.

**Notes:** Use filtered water to dissolve Elektra Magnesium salts. For therapeutic use, higher concentrations may be required. Please refer to your health practitioner.  
pH = 7.0 in solution (neutral).

**Transdermal Absorption** of magnesium minerals is safe, effective and bypasses the digestive system. When the body reaches saturation it stops absorbing any more, so you cannot ‘overdose’ with transdermal absorption. The body needs magnesium every day. Just like with food, you can’t consume a whole week’s worth all on one day. Transdermal absorption of magnesium chloride is much more effective than absorption through the gut wall. Magnesium supplementation is highly recommended in cases of magnesium deficiency. It is excellent for calming nerves, relieving tight muscles, cramps/twitches, reducing inflammation/pain, detox/cleansing and for many other systemic health benefits.

**Caution:** Avoid direct contact with eyes and sensitive areas when undiluted. It is derived from sea salt. If you experience slight stinging sensation, just dilute further with pure water.

[www.elektralife.com](http://www.elektralife.com)

# Elektra Magnesium™



## “The Beautiful Mineral”

Magnesium Chloride Hexahydrate (MgCl<sub>2</sub>·6H<sub>2</sub>O)  
Bath Salts - Flakes for  
Transdermal Magnesium Therapy

### How to Use

Dissolve flakes in filtered water for...

- **Hot Bath** (from 1/2 to 1 cup per bath half full with water)
- **Foot Soak** (from 1 tablespoon per bucket half full with water)
- **Body Spray** (from 1 heaped teaspoon per 250ml)
- **Mouthwash** (from 1 heaped teaspoon per 250ml)
- **Compress** Relieves localised aches/pains, arthritis, wounds etc.
- **Magnesium Oil** 50% medium strength = 50g flakes / 100ml water.

**PURE & NATURAL:** Elektra Magnesium is a naturally evaporated sea salt (less the sodium), with sea trace minerals. The sea water comes from a remote pristine lake 3,200m above sea level in the Tibetan Plateau. It has been independently laboratory tested to show NO mercury and NO lead.

**Notes:** Use filtered water to dissolve Elektra Magnesium salts. For therapeutic use, higher concentrations may be required. Please refer to your health practitioner.  
pH = 7.0 in solution (neutral).

**Transdermal Absorption** of magnesium minerals is safe, effective and bypasses the digestive system. When the body reaches saturation it stops absorbing any more, so you cannot ‘overdose’ with transdermal absorption. The body needs magnesium every day. Just like with food, you can’t consume a whole week’s worth all on one day. Transdermal absorption of magnesium chloride is much more effective than absorption through the gut wall. Magnesium supplementation is highly recommended in cases of magnesium deficiency. It is excellent for calming nerves, relieving tight muscles, cramps/twitches, reducing inflammation/pain, detox/cleansing and for many other systemic health benefits.

**Caution:** Avoid direct contact with eyes and sensitive areas when undiluted. It is derived from sea salt. If you experience slight stinging sensation, just dilute further with pure water.

[www.elektralife.com](http://www.elektralife.com)