

# MAGNESIUM DOSE GUIDE

Elemental magnesium (in mg) per product amount used.

Percentage (%) denotes concentration of magnesium chloride hexahydrate.



**ULTRA MILD (5%) Baby Calm Balm** for baby skin care or for children and adults with sensitive skin. Soothing face and body moisturiser, and relaxation massage cream. **1 tsp = 50mg**



**MILD (15%) Magnesium Cream** for protective anti-ageing skin care and muscle relaxation massage. Rich soothing face and body moisturiser for dry or sensitive skin, as well as deodorant. 4 kinds. **1 tsp = 150mg**



**MEDIUM (30%) Charge Lotion** for active people who exercise a lot, or who suffer muscle tension or excessive stress. Use as muscle relaxation massage lotion, deodorant and skin care. **1 tsp = 300mg**



**STRONG (60%) Magnesium Oil Spritz** for muscle and joint relaxation massage to alleviate stress and tension. Lubricate skin with Magnesium Cream or Charge Lotion first if skin is dry. **6 sprays = 300mg**



**FOOD GRADE Magnesium Chloride Flakes** for muscle recovery, detox footsoaking and bathing: 1 cup per bath or 1 tablespoon per footsoak. For filtered drinking water: **1 pinch (0.5g) per litre = 80mg.**



**ELECTROLYTE DROPS FOR DRINKING WATER. Magnesium Mineral Supplement.** Elemental magnesium per 1mL (15 drops) is 116mg. 6-12 drops per litre mimics natural spring water concentrations. Add drops according to taste.

**RECOMMENDED:** Elektra Magnesium products can be combined according to individual needs. Some people may require as much as 1,000mg per day to compensate for magnesium loss under stress, or poor diet or digestion. For dry skin, use more fat-based products like Magnesium Creams/Lotion. Massage in extra sprays of Magnesium Oil Spritz for high-end needs. Also add Mg Mineral Supplement to filtered drinking water to improve hydration quality.

