

## How much do I need?

### RECOMMENDED (TEENS & ADULTS) DAILY MAGNESIUM REPLENISHMENT

300-400mg if young, healthy, with minimal stress.

400-1,000mg depending on stress levels (eg. shift work, pregnancy, athletic training, physical work, psychological stress etc).

1,000mg+ for athletes; or those recovering from traumas, operations, cancer treatments, injuries; or suffering from metabolic disorders, inflammation, arthritis, hypertension, drug or alcohol abuse, or medication side effects.

*Feed your body, love your body, with magnesium. Massage in as much as you like and as much as you need every day to feel better. The body chooses what it takes from the epidermis, so serve up a feast to help relax muscles, sleep better, improve resilience, nurture skin, and feel really alive again.*



## HOW TO GET 300MG MAGNESIUM VIA SKIN

For higher dose, combine these methods:



### MAGNESIUM CREAM (Mild)

Apply Moisturiser all over body  
13g (2 teaspoon)



### MAGNESIUM CHARGE LOTION (Medium)

6.5mL (1 teaspoon)  
for muscle massage



### MAGNESIUM OIL SPRITZ (Strong)

6 sprays for joints  
and muscles.



### MAGNESIUM FLAKES SOAK (Gentle detox)

1/2 hour footsoak  
(1 dessertspoon),  
or bath (1 cup)

*Note: Those with chronic diseases should consult their health practitioner. The information on this brochure is for educational purposes to support healthy lifestyle practices.*

## Magnesium Deficiency Symptoms

Cramps • Restless Legs • Disturbed Sleep • Skin Problems • Fatigue • Irritability • Anxiety • Metabolic Syndrome • Acidosis • Hypertension • Heart Arrhythmia • Arteriosclerosis • Arthritis • Hormone Imbalance • Osteoporosis • Immune Suppression • Acidosis • Gut Problems • Candida Overgrowth • Pain • Inflammation

### THE MASTER MINERAL

**An electrolyte conductor of an orchestra of nutrients...**

"Magnesium is the second most abundant intracellular cation and is an essential cofactor in well over 300 enzymatic reactions. In particular, magnesium plays salient roles in such biologic processes as: **energy metabolism** and production, synthesis of **nucleic acids and proteins**, **cytoskeletal function**, **cell cycle progression**, **maintenance of membrane integrity and stability**, and **ion homeostasis**... Furthermore, magnesium is intricately involved in modulating intracellular **calcium homeostasis**."

*Magnesium Research . Volume 20, #2, 107-29, June 2007 Review Article.*



### SPIRIT OF ELEKTRA MAGNESIUM BRAND

The Elektra Magnesium® product range, made in Australia, was created by a family company since 2008 to provide topical magnesium supplements for all ages and needs to support optimal health and wellness. **Nutrition via skin - just feel it!**

Relax, recover, stay strong, well and free of debilitating magnesium deficiency symptoms so you can be the best expression of you, of love and of happiness. **This is the spirit of Elektra Magnesium®.**



**Elektra**  
MAGNESIUM

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# Elektra<sup>®</sup> MAGNESIUM

## SKIN AND MUSCLE CARE PRODUCTS

made in Australia with love, and with the alchemy of natural and organic plant extracts and oils infused with food grade magnesium chloride.



*Just feel it...*

**RELAX ~ RECHARGE ~ RECOVER**  
[www.elektramagnesium.com.au](http://www.elektramagnesium.com.au)

*My heart restored, my waters cleansed,  
the power surges in love to mend.*

# Why Transdermal?

By using transdermal magnesium products you can avoid the potentially laxative effect of oral magnesium supplements, which can waste most of the magnesium. The small amount that gets through the gut wall can take several hours to reach muscle cells. However, magnesium chloride in solution is the most bio-available form of magnesium, requires no further digestion, can gain access into cells quickly, and works fast. Plant oils, butters and extracts in Elektra Magnesium products assist skin to absorb magnesium easily and provide excellent skin conditioning treatment.

## FOOD GRADE MAGNESIUM CHLORIDE

Elektra Magnesium Chloride Flakes are naturally evaporated quality food grade salt flakes from pristine lakes in the Tibetan Plateau.

### RECOMMENDED MINIMUM DILUTION - MAGNESIUM FLAKES

**Bath:** 1 or 2 cups. **Footsoak:** 1 or 2 dessertspoons. **Mg Oil For Massage or Compress:** 50g or 60g per 100ml water. If skin is sensitive dilute with more water or plant oil. **Mouthwash:** 1 teaspoon per 250-350ml purified water. **Mineral Water for Better Hydration:** To mineralise filtered drinking water add a small pinch (about 1/2 gram flakes = 80mg magnesium) per litre.



## MAGNESIUM CHARGE LOTION

**\*Medium (30%)** With antioxidant power of Australian botanicals and lemon-scented tea tree, **Charge Lotion is for active people on the go.** Absorbs well, leaving skin feeling silky-smooth. Use in muscle massage and as deodorant.

## MAGNESIUM OIL SPRITZ \*Strong (60%)

A heavy duty water-based magnesium oil spray, which can be used to add higher doses of magnesium as needed. Our proprietary formulation glides on smoothly, absorbing well without leaving a sticky or stinky residue on the skin surface. Smells great with essential oils of Mandarin, Juniperberry Himalayan and Rosalina. Moisturise first with Magnesium Cream or Charge Lotion if skin is dry.

*\*Denotes concentration of magnesium chloride salts*

**Australian Made.** Chemical-free skincare products with natural and organic plant oils, butters and food grade magnesium chloride.



Elektra<sup>®</sup>  
MAGNESIUM

Nutrition Via Skin™ feels sooooo good!

### RELAX • RECHARGE • RECOVER

Magnesium deficiency reduces the ability to cope with stress. Magnesium supplementation helps the body to relax, recover and be more resilient.



## MAGNESIUM CREAM \*Mild (15%) 4 kinds (any age from babies to elderly)

Luxurious absorbant cream packed full of nutrients for antiageing or anti-acne skin conditioning, before/after sun care, deodorant, and muscle massage for relaxation, flexibility, recovery and better sleep. *Just feel it!*

**Made with natural and organic ingredients:** See [elektramagnesium.com.au](http://elektramagnesium.com.au).  
**Application:** Use as moisturising and protective skin care once or twice a day all over the body, face, or as deodorant. Rub into skin in a circular motion to help the oils and butters penetrate dry flat skin cells until they plump up and rehydrate. Avoid broken skin. If used on face and skin tingling occurs, it's

only temporary. Addition of extra plant oil (eg. coconut, rosehip, jojoba, avocado, etc) on top of the magnesium cream helps to numb sensation. Use in massage all over to stimulate blood circulation and to relax cramped muscles and tight joints. Gentle massage on abdomen can relieve period discomfort. Use also as before and after-sun skincare.

## HERBAL

For DRY or SENSITIVE skin



**Soothing Comforting** herbaceous-minty aroma. Antibacterial herbal extracts & Ylang Ylang, Patchouli & Rose Geranium. Rich creamy full body texture to calm, protect and moisturise stressed skin.

## Sensory GOLD

For DRY skin



**Light Floral** magnolia aroma with essential oils Michelia Champaka flower, Sandalwood, Elemi and Petitgrain. Rich creamy full body texture to calm, protect and moisturise for dry or mature skin type.

## ZEST Citrus

For COMBINATION skin



**Fresh Zingy** aroma of Lemongrass, Bergamot & Vanilla when you need a citrus lift. Energising and refreshing. Creamy texture, protective and hydrating for dry skin, but also works for acne prevention.

## Island Spice with Fermented Papaya

For MEDIUM or OILY skin



**Light Floral** aroma of Geranium Egypt, Michelia Champaka Flower & Ravensara Aromatica. Enzymatic action of fermented papaya for glowing smooth skin. Light textured cream to balance excessive oils.



## MAGNESIUM PET CREAM \*Mild (15%)

To soothe and calm persistent itch when there are no fleas, but pet seems to have an anxious and stress-induced scratching habit from magnesium deficiency. Based on Herbal Magnesium Cream with extra neem oil.



## CHARCOAL-POMEGRANATE CLEANSER

Cleanses and purifies the skin for clear, smooth complexion. Feel refreshed with the antioxidant and anti-acne benefits of pomegranate, and the toxin-absorbing capacity of charcoal. Non-abrasive.



## BABY CALM BALM \*Ultra Mild (5%)

Ultra-light protective magnesium cream to protect and nurture baby skin. Use with relaxation massage for better sleep. Helps prevent nappy rash. Also used as face cream for adults.

Facebook + Instagram @ ElektraMagnesium  
[www.elektramagnesium.com.au](http://www.elektramagnesium.com.au) We give you more.

*My heart restored, my waters cleansed,  
the power surges in love to mend.*