

## TRANSDERMAL MAGNESIUM - INSTRUCTIONS + FAQ

**First realization** : What if a major factor in the current worldwide magnesium deficiency was a simple, overlooked skin deficiency of magnesium? One of the most effective ways to overcome magnesium deficiency caused by a depleted soil, has come about through the discovery of the Zechstein Sea and “Zechstein Inside®” Transdermal Magnesium. Our ancestors had mineral-rich soils, used magnesium rich compost and yet they often went through great efforts to bathe in waters saturated with diverse minerals through the thalassotherapy and thermal cure culture of Ancient Greece and Rome. Our ancestors understood the magnesium mystery: healthy circulation and proper detoxification is greatly assisted by saturating the skin with pure magnesium and oligo-elements found in mineral rich waters.

**Second realization** : In the modern world our open seas are unfortunately more polluted than ever. The need to find a source of pure magnesium, far removed from our present pollution, in order to regain a therapeutic effect and proper detoxification is growing exponentially.

**Magnesium is recommended for** : pain, cramps, inflammations, joints, tendinitis, PMS, heavy legs, sleep quality, relaxation, performance, concentration, hair and skin care, dental care etc.

### Application instructions :

**For sleep** : massage on the abdomen (add essential oil of chamomile if necessary).

**As mouthwash** : for dental care, dilute with 80% water for daily use, or use pure if needed for pains, weekly. Keep in the mouth 1 to 20 minutes.

**For the throat and chest during the winter** : gargle for 5 minutes in the shower then massage a daily amount on the throat and chest (with Ravintsara essential oil if needed).

**Before / after sport** : apply locally to the needed area and massage well until absorbed. Some athletes like to apply it all over the body 30 minutes before training.

**For cold sores** : apply a magnesium soaked cotton ball (organic) to the area to be treated for one hour (works effectively only at the beginning of the manifestation).

**For skin problems** : apply to the area to be treated or if sensitive apply only in the surrounding area. Best results come through 2-6 month usage.

**To soothe minor headaches** : massage a few pumps on the temples and cervical area.

**To improve certain skin problems** : apply 5-10 pumps mixed with unrefined shea butter or follow a daily application of 2 to 6 months.

**For hair care** : massage 5-10 pumps on the scalp and leave for 30 minutes.

**For colds** : add 2 or 3 spray pumps to soups / fresh juices for throat, chest and congestion.

### Frequently Asked Questions - FAQ

**What is the difference between Transdermal Magnesium “Zechstein Inside®” and other magnesiums on the market ?** The difference is of great importance (see our chart “Why is it important to know the origin of magnesium?” and our schema “The Truth About Magnesium Extraction” : see our HOMEPAGE to read further). 80% of the world’s magnesium comes from Asia, mostly from the Qaidam industrial basin in China, which is located on the “Qinghai-Tibet” plateau, where asbestos and gas are also extracted. Low quality magnesium oils, which are heavily processed derivatives from potassium mining, are “upgraded” and chemically cleaned to be sold around the world. Then comes the marketing and certificates to cover up the origin, methods of extraction and the purity of the product. Some may even use the word “Zechstein” which cannot be legally protected as it is associated with a geological epoch and is often used to cover up the true origin of the product. Words such as “Genuine” or “Authentic” Zechstein without the “Zechstein Inside®” logo may be using the word Zechstein abusively. Especially considering that “Zechstein Inside®” is the one and only batch controlled, on site certification source in the Netherlands. Here are some questions to ask :

- 1) Ask if you can call their actual source (extraction site).
- 2) Ask if they chemically purify, refine or “upgrade” their products.
- 3) Ask for this information in writing.

**Why do I feel a tingling sensation when applying Transdermal Magnesium?** A tingling sensation is often felt for those who need the magnesium the most. However the absence of tingling is not necessarily a sign that you do not need it. Most of the tingling fades with time. If the tingling sensation is too strong, you can dilute the transdermal magnesium in 50% spring water before application. Progressively, you can increase the concentration. Keep in mind that a sensitive area can also improve by daily application on the calves or abdomen.

**How much should I apply? A «progressive» application is the only rule to follow.** To begin, you can apply 5-10 pumps (1/2 to 1 teaspoon) per day on the abdomen, 3 days in a row. Subsequently, you can apply it to other parts of the body gradually. Our 200 ml bottle contains 2 months of application and the 100 ml bottle contains one month of application. Children at least 5-6 years of age and pregnant women may use our transdermal magnesium diluted with 50% water on the lower legs and feet.

**How do we extract the magnesium ?** Our extraction process is unique and ecological using only natural local spring water to dissolve the pure magnesium chloride salt layers. No need to separate the magnesium from other components, as is the case for other sources, because the stratum is pure magnesium chloride, a natural phenomenon which cannot be recreated elsewhere. Local spring water is also analyzed to ensure its purity. Certified by “Zechstein Inside®” (Netherlands). Total transparency. Just call the source in the Netherlands. No transformation or refining. We let nature filter, clean and purify the crystals of magnesium for us over 250 million years. Always be vigilant as to the mode of extraction of magnesium. The truth is that chemical purification and “upgrading” (for the separation of potassium and heavy metals) are systematic in this industry. Without the “Zechstein Inside®” logo, chemical purification is the norm. Our extraction is unique because the source itself is pure.

**How do I store Transdermal Magnesium?** Room temperature. The product can be kept 250 million years! The protective glass ensures the non-contamination by phthalates and other endocrine disrupters contained in soft plastics.

**Is this an organic product?** Since magnesium is a mineral, and cannot be cultivated it is therefore not certifiable. On the other hand, it is delivered with a certificate of purity, analysed by lot and the origin verified (Netherlands).

**Is Transdermal Magnesium diluted with water after extraction?** No. Pure spring water (analysed for purity) is sent underground where it mixes with the crystallised Zechstein Sea magnesium layers. This solution, magnesium oil, is then brought back up to the surface. The dilution is naturally 31% of magnesium chloride. Many dilute their products before sale without mention. The brine we use is concentrated, 100% “Zechstein Inside®” certified and sourced from the Netherlands in Veendam.



Zechstein Inside® Warehouse, certification and origin of the source.  
Veendam, the Netherlands