

# ANCIENT MINERALS®

## USE GUIDE

### General Instructions

Ancient Minerals® magnesium products contain concentrated levels of 100% naturally occurring magnesium chloride and other trace minerals drawn from the Ancient Zechstein Sea. The Ancient Minerals® Ultra line contains the addition of MSM, an organic sulfur compound from OptiMSM®. When applied topically, MSM enhances tissue permeability and may facilitate more efficient uptake of magnesium ions.

To get the most out of our magnesium products, apply liberally to clean skin.

For Ancient Minerals magnesium oil and gel, it is normal to experience a tingling sensation during initial use. Some may experience slight itching or subtle redness.

Read on for detailed application instructions for the Ancient Minerals product line.



## Magnesium Oil and Ultra Oil

Ancient Minerals® Magnesium Oil is the gold standard for quick and efficient restoration of magnesium levels.

- Apply liberally to clean skin of torso, legs, and arms. Avoid sensitive areas and mucus membranes.
- It is normal to experience a tingling sensation during initial use.
- After application, you may notice a slight salt-like mineral residue remaining when the solution dries. This is normal, especially in dry climates or heated indoor areas, and varies with the amount of magnesium oil applied at one time, as well as skin type.
- Rinse or wipe off after 20 minutes if desired.

**MAGNESIUM  
OIL**



100mg elemental magnesium  
per 1ml / 6 sprays

**MAGNESIUM  
OIL ULTRA**



55mg elemental magnesium  
40mg elemental sulfur (from  
OptiMSM®) per 1ml / 6 sprays



## Magnesium Gel and Ultra Gel

Ancient Minerals® Magnesium Gel is a unique, viscous formulation designed to remain hydrated on the skin.

- Apply desired amount and massage thoroughly onto clean skin.
- If the magnesium gel begins to dry during extended use, wet your hands slightly and continue massaging skin to rehydrate.
- Gel will not fully absorb.
- After use, rinse or wipe off with a damp towel.

**MAGNESIUM  
GEL**



100mg elemental magnesium  
per 1ml

**MAGNESIUM  
GEL ULTRA**



65mg elemental magnesium  
25mg elemental sulfur (from  
OptiMSM®) per 1ml



## Magnesium Bath Flakes and Ultra Bath Flakes

Ancient Minerals® Magnesium Bath Flakes offer a highly effective, yet calming, means of absorbing magnesium; with the unmatched benefit of an immersive, full body bath or convenient foot soak.

- Dissolve 1-3 cups of the magnesium flakes into a warm footbath or full tub bath, and soak for 30 minutes or longer.
- Dissolve up to 8 lbs of magnesium flakes in a full tub bath for intense applications.
- Temperature of the water should be warm, but not hot. Hot water causes the skin to eliminate rather than absorb.

### MAGNESIUM BATH FLAKES



Approximately 15g elemental magnesium per cup

### MAGNESIUM BATH FLAKES ULTRA



Approximately 15g elemental magnesium with 3g elemental sulfur (from OptiMSM®) per cup



## Magnesium Lotion and Ultra Lotion

Ancient Minerals® Magnesium Lotion is made with only the finest organic ingredients and is a smooth, quickly absorbed emulsion of magnesium chloride with other trace minerals, in a skin nourishing base of certified organic oils. It is fragrance-free and does not contain any formaldehyde releasing preservatives.

- Apply desired amount and massage thoroughly into clean skin.
- We do not recommend applying to freshly shaven skin.

**MAGNESIUM  
LOTION**



40mg elemental magnesium  
per 1ml / 1 full pump press

**MAGNESIUM  
LOTION ULTRA**



20mg elemental magnesium  
plus 25mg elemental sulfur  
(from OptiMSM®) per 1ml /  
1 full pump press



## Magnesium Lotion Goodnight

Ancient Minerals® Magnesium Lotion Goodnight is a smooth, quickly absorbed emulsion of magnesium, OptiMSM® and melatonin, in a skin nourishing base of certified organic oils. It is fragrance-free and does not contain any formaldehyde releasing preservatives.

- Apply recommended amount to chest, neck, or abdomen 30 minutes before sleep for best results.

**MAGNESIUM  
LOTION  
GOODNIGHT**



25mg elemental magnesium with 3mg melatonin and 25mg elemental organic sulfur (from OptiMSM®) per 1ml / 1 full pump press

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For more information regarding the application and use of Ancient Minerals, please contact us:  
[enviromedica.com/contact](http://enviromedica.com/contact)