

Ancient Minerals – Application and Usage Guide

If you are using Ancient Minerals for the very first time, please read these instructions in their entirety before starting your topical magnesium regimen. Ancient Minerals ultra pure magnesium products contain a high concentration of 100% naturally occurring magnesium chloride and other trace minerals drawn from the ancient Zechstein Sea, applied topically for rapid absorption of magnesium into the cells.

MAGNESIUM OIL – Ancient Minerals magnesium oil is the gold-standard for quick and efficient restoration of intracellular magnesium levels. For ease of use, magnesium oil should be applied to the skin using a fine mist spray bottle. To limit overspray, dispense 1-3 sprays into a cupped hand and rub into the skin thoroughly.

- For best results, apply liberally to arms and legs to ensure a large enough surface area for absorption
- If you experience some slight skin irritation, dilute Ancient Minerals magnesium oil with 1 part water to make a 50% strength solution.
- 8 sprays of Ancient Minerals magnesium oil delivers approximately **100mg of elemental magnesium** on the skin

***Please Note:** After application you may notice a slight salt-like mineral residue is left when it dries. This is normal, especially in dry climates or heated indoor areas, and also varies with how much you are applying at one time. If you do not like the mineral residue left on the skin, it is advised to apply the magnesium oil 20 minutes prior to showering each day. After 20 minutes, the majority of the magnesium ions have been absorbed and you may rinse off the mineral residue. Wiping the skin off with a damp washcloth is also an acceptable method.

MAGNESIUM BATH FLAKES – Ancient Minerals bath flakes offer an economical form for creating a healing magnesium footbath or full tub bath. Temperature of the water should be warm but not hot. Hot water causes the skin to eliminate rather than to absorb. Dissolve 1-3 cups or more of the magnesium flakes into a warm footbath or tub bath, and soak for 30 minutes or more.

- For use in full body tub baths, one can use up to 8lbs per bath for intense applications
- 1 cup of Ancient Minerals magnesium flakes delivers approximately **15g of elemental magnesium** into your foot soak or tub bath

MAGNESIUM GEL – Ancient Minerals magnesium gel is a unique formulation designed to remain hydrated on the skin. Apply desired amount and rub into the skin thoroughly. Most users of the gel choose to rinse or wipe off the skin with a moist towel after use.

- If the magnesium gel begins to dry up during extended use, wet your hands slightly and rub your skin to rehydrate
- 1/4 tsp of Ancient Minerals magnesium gel delivers approximately **125mg of elemental magnesium** on the skin

Important!

- It is recommended to remove any body lotions, crèmes, and moisturizers prior using Ancient Minerals, which can hinder uptake of magnesium ions by the skin.
- When using Ancient Minerals magnesium gel or magnesium oil at full strength, avoid direct contact with eyes, mucus membranes, and other sensitive areas. If redness or irritation occurs, rinse with cool water.

Frequency of Usage

Generally speaking, Ancient Minerals should be used with intensity during the first 3-4 months in order to ensure proper restoration of cellular magnesium levels. It is advisable to begin the first few days of application with modest use, and gradually work up to larger amounts. After this initial period of restoration, some users feel that they need to use Ancient Minerals just as much as they were during the first 3-4 months, while others back off to using Ancient Minerals a few times per week. It all depends on the person, as everyone responds differently and with different needs.

Magnesium Dosage

Many prominent researchers feel that the Recommended Daily Allowance (RDA) for magnesium is far too low, and is set at the minimum acceptable level to stave off deficiency symptoms, not at the optimum to ensure good health. According to Dr. Carolyn Dean, MD, a highly respected medical authority on the subject, research over the past 20 years has shown us that even under ideal conditions approximately 300mg of magnesium is required merely to replace daily losses. However, as a general rule of thumb, an appropriate daily intake of magnesium should be approximately 3-4 mg per pound of bodyweight. For a 200lb male, this would equate to 600mg to 800mg per day. Chronic health complications, emotional and physical stress, physical injury, athletic exertion, and poor lifestyle/dietary choices, all increase your daily magnesium requirements. Women who are pregnant or lactating also have elevated magnesium requirements.