What is **topical magnesium**?

Topical magnesium (also known as transdermal magnesium) involves the **direct application** of magnesium chloride **onto the skin**, allowing for slow magnesium absorption into the body.

What is **magnesium chloride**?

Magnesium chloride, sourced from seawater, consists of **magnesium naturally bound to chloride ions**. It is water-soluble, providing a natural and highly bioavailable form of magnesium.

Why **topical magnesium**?

Early studies suggest that topical **magnesium may penetrate the lymphatic system beneath the dermis and enter the circulatory system**, potentially bypassing the regulation through the GI tract to increase serum magnesium levels.[1] However, further research is needed given the limited scope of the conducted studies, which were small in scale, and the inconclusive findings from other research endeavors. **This is why we believe topical magnesium is a great addition to your current daily magnesium supplement regime**.

While magnesium chloride is shown to help reduce pain and inflammation[2], topical magnesium chloride is still in the beginning stages of research. But there is promise: One study, examining the effects of bathing salts rich in magnesium chloride, concluded that it may be an effective remedy for lower back pain, as well as knee and hand osteoarthritis.[3] Another notable study found that **topical magnesium application may reduce pain and improve the quality of life for those with fibromyalgia**.[4]

Studies have long supported magnesium as an anti-inflammatory.[5] Preliminary studies have shown that topical magnesium chloride may have an anti-inflammatory effect on the skin. One study of note found that magnesium chloride application not only reduces skin inflammation, but also significantly improves skin barrier function and skin hydration.[6] Further research has found that ointments containing magnesium chloride can accelerate the healing process of skin conditions.[7]

Getting the most out of your **SeaMAG**

SeaMAG's topical magnesium chloride formulas are **100% pure** and make an excellent addition to your daily wellness routine. You can create a soothing ritual using **SeaMAG** in various ways, including:

- **Skin moisturizer**
- **Muscle rub**
- **Bath mineral**
- **Skin toner**
- **Massage oil**
- **And more!**

To maximize the effectiveness of each SeaMAG application, it's essential to ensure that your skin is clean beforehand. Studies indicate that magnesium chloride is most readily absorbed through sweat glands and hair follicles[7], so applying to clean skin, after a bath or shower, may enhance optimal uptake. Moreover, a noteworthy study revealed that massaging topical magnesium into the skin enhances absorption.[8] Consider giving yourself a gentle massage or enlist someone else to do it for you!

** Please email info@itlhealth.com for references*







SeaMAG is **available** in **three forms**

Magnesium Chloride **Gel**

A non-greasy topical magnesium chloride gel for skin absorption.

Each pump contains approximately 315mg of magnesium chloride, delivering 70mg of elemental magnesium.

Ingredients

Magnesium chloride from concentrated seawater, Amigel™.

Magnesium Chloride **Spray**

A topical magnesium spray for skin absorption.

5 sprays contains approximately 315mg of magnesium chloride, delivering 70mg of elemental magnesium.

Ingredients

Magnesium chloride from concentrated seawater.

Magnesium Chloride **Flakes**

Dissolvable magnesium chloride flakes for skin absorption.

They can be used in the bath, as a body scrub when mixed with body wash, or as a foot soak.

Ingredients

Magnesium chloride flakes from concentrated sea water.

Non-greasy, fragrance-free topical magnesium chloride for your daily dose of wellbeing. **SeaMAG** is formulated to **help relax and soothe your body**. **It's a great addition to your daily self-care routine.**

Company **Facts**

- **Affordable products** made with **clean ingredients**
- **Multi-award-winning magnesium**
- **£0.10** of every product sold **donated to non-profit organizations**
- **Women-run**, family-owned business

FAQs

How much SeaMAG should I use at a time?

Use as much as you feel you need! There is no maximum daily dose of topical magnesium. If you experience skin dryness or itching after use, simply dilute the product with a bit of water and follow with your usual moisturizer.

How does SeaMAG differ from PrizMAG or MAG365?

All our magnesium products are highly absorbable and fast-acting. Many people use oral supplements (PrizMAG/MAG365) alongside topical magnesium, especially during times of high stress for better coping. Topical magnesium is also traditionally used for relaxing sore muscles and enhancing skincare routines.

When should I apply SeaMAG?

You can use it anytime during the day, every day! While magnesium is inherently relaxing, it will not make you sleepy. Use it in the morning, afternoon, or evening, depending on when you need relaxation.

Are there any precautions when using topical magnesium chloride?

SeaMAG is generally well tolerated. If you have sensitive skin or experience redness or a stinging sensation after use, dilute the product with water or apply to wet skin. Avoid direct contact with eyes and mucous membranes. Application to cuts and scrapes may sting but may promote faster healing.

Consult your doctor or pharmacist before use if you have kidney issues or are on blood thinners.

What is the Amigel™ ingredient in the SeaMAG magnesium chloride gel?

Amigel™ is a clean, all-natural gelling agent made from the yeast *Sclerotium rolfsii*, which is cultivated in a glucose sugar culture. This polysaccharide gel is notable for its exceptional water-absorbing properties, making it a versatile component in skincare products. Amigel™ is completely non-toxic, non-allergenic, and provides excellent skin hydration.

ITLHealth

www.itlhealth.co.uk

itlhealtheurope

SeaMAG

Topical Magnesium Chloride



Soothing **Relief**

www.itlhealth.co.uk

itlhealtheurope

ITLHealth