

Search for: [Buy Now](#)

Ultra Pure Topical Magnesium

- [Magnesium Benefits](#)
 - [Magnesium Facts and Information](#)
 - [Health Benefits of Magnesium](#)
 - [What is Magnesium? How it Functions in the Body](#)
- [Magnesium Deficiency](#)
 - [Causes of a Lack of Magnesium](#)
 - [Do You Need More Magnesium? 10 Signs to Watch For](#)
 - [Symptoms of Low Magnesium](#)
- [Topical Magnesium](#)
 - [Topical Magnesium: How It Works](#)
 - [Magnesium Supplements & Types of Magnesium](#)
 - [Magnesium Absorption and Bioavailability](#)
 - [Magnesium in the Diet: The Bad News about Magnesium Food Sources](#)
 - [Magnesium Application and Use](#)
- [Magnesium Oil](#)
 - [Magnesium Chloride](#)
 - [Good Sources of Magnesium](#)
 - [Zechstein Minerals: Pure Magnesium Oil](#)
- [Magnesium Products](#)
 - [Products](#)
 - [FAQ](#)
 - [Testimonials](#)
- [Blog](#)

Search for:

- [Magnesium Benefits](#)
 - [Magnesium Facts and Information](#)
 - [Health Benefits of Magnesium](#)
 - [What is Magnesium? How it Functions in the Body](#)
- [Magnesium Deficiency](#)
 - [Causes of a Lack of Magnesium](#)
 - [Do You Need More Magnesium? 10 Signs to Watch For](#)
 - [Symptoms of Low Magnesium](#)
- [Topical Magnesium](#)
 - [Topical Magnesium: How It Works](#)
 - [Magnesium Supplements & Types of Magnesium](#)
 - [Magnesium Absorption and Bioavailability](#)
 - [Magnesium in the Diet: The Bad News about Magnesium Food Sources](#)
 - [Magnesium Application and Use](#)
- [Magnesium Oil](#)
 - [Magnesium Chloride](#)
 - [Good Sources of Magnesium](#)
 - [Zechstein Minerals: Pure Magnesium Oil](#)

- [Magnesium Products](#)
 - [Products](#)
 - [FAQ](#)
 - [Testimonials](#)
- [Blog](#)

[Buy Now](#)

A Revolutionary Approach to Magnesium Supplementation.

Stop magnesium deficiency in its tracks, using the body's largest organ — the skin.

[Learn More](#) [Buy Now](#)

[What is Topical Magnesium?](#)

[Do You Need More Magnesium?](#)

[Magnesium Supplementation](#)

[Blog Post](#)

[Stressed Out? You May Be Magnesium ...](#)

[Stress is a leading contributor to many illnesses.](#)

[Blog Post](#)

[Magnesium and Brain Health](#)

[Exploration of the gut-brain axis is top of mind.](#)

[Blog Post](#)

[Did You Know: Not All Magnesium ...](#)

[The difference between magnesium bath flakes and epsom salts.](#)

[View All](#)

Required Reading



[How common is magnesium deficiency?](#)

[How serious is this problem? Average magnesium intake in...](#)

[Learn More](#)



[Key health benefits of magnesium](#)

[Magnesium's benefits can include reduced symptoms from...](#)

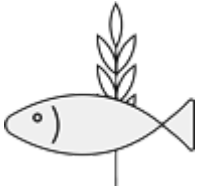
[Learn More](#)



What is topical magnesium?

[Transdermal magnesium has been recommended as efficient...](#)

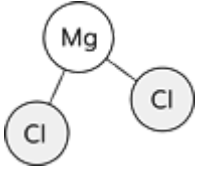
[Learn More](#)



Top 5 sources of magnesium

[Warning: Not all sources of magnesium are reliable. Learn...](#)

[Learn More](#)



Magnesium Chloride: more effective magnesium

[Can you list the characteristics of effective magnesium...](#)

[Learn More](#)



Where to find pure magnesium oil?

[Mankind's influence has threatened the purity of an...](#)

[Learn More](#)

Pure. Topical. Magnesium.

Harvested from the Ancient Zechstein Seabed.

[Products](#)

[Subscribe Now](#)

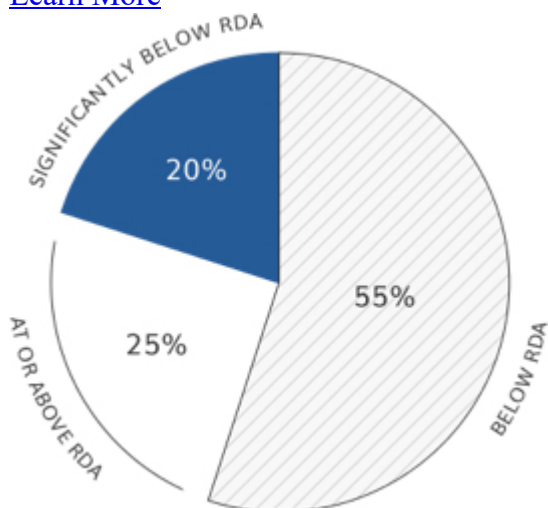
Get the latest wellness news, new product info, and exclusive promotions.

Signs of Magnesium Deficiency

U.S. Intake of Magnesium

Only 25% of U.S. adults consume the Recommended Daily Allowance (RDA) of magnesium.

[Learn More](#)



Top 5 Signs

1. Irritability and anxiety
2. Lethargy
3. Muscle cramping
4. Muscle spasms
5. Difficulty sleeping

What the Experts Say

[Magnesium: The Athlete's Mineral](#)



Name

Magnesium Oil

[Learn More](#)

Description

The Original Magnesium Oil—the Gold Standard, trusted by professionals since 2007.

Magnesium Content

100mg elemental magnesium per 1ml / 6 sprays

Primary Application

Rubbed directly onto the skin as needed

Best For

Individuals seeking the highest concentration of magnesium chloride in a convenient topical spray.



Name

Magnesium Bath Flakes

[Learn More](#)

Description

The amazing benefits of topical magnesium in a relaxing and immersive full-body soak.

Magnesium Content

15g elemental magnesium per 1 cup

Primary Application

Simply dissolve magnesium flakes into a warm foot bath or tub bath, and soak for 20 minutes or more.

Best For

Intense, yet gentle, application of highly soluble magnesium chloride.



Name

Magnesium Gel

[Learn More](#)

Description

A unique gelled formulation of our high purity magnesium chloride and organic aloe vera extract.

Magnesium Content

100 mg of elemental magnesium per 1ml

Primary Application

Performs exceptionally in applications that involve tissue manipulation, such as massage therapy.

Best For

Massage application. Professional strength, designed to remain hydrated on the skin.



Name

Magnesium Lotion

[Learn More](#)

Description

A quickly absorbed emulsion of magnesium chloride in a skin-nourishing base of certified organic oils.

Magnesium Content

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

Primary Application

A daily moisturizer with the amazing benefits of topical magnesium.

Best For

Even the most sensitive skin. Bio-compatible preservative system has a low impact on the skin's natural microbiome.



Name

Magnesium Lotion Goodnight

[Learn More](#)

Description

A smooth, quickly absorbed emulsion of magnesium, MSM and melatonin in a skin-nourishing base of certified organic oils.

Magnesium Content

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

Primary Application

Magnesium lotion application with the enhanced benefit of melatonin.

Best For

Restful sleep.

[View All Products](#)

Ancient Minerals is the #1 recommended brand for topical magnesium therapy.

[View Products](#)



- [About Us](#)
- [Enviromedica](#)
- [Videos](#)
- [Contact](#)
- [FAQ](#)
- [Search](#)
- [International Distributors](#)
- [Practitioners and Resellers](#)

©2018 Enviromedica. All Rights Reserved. Ancient Minerals is owned and operated by Enviromedica. The material on this site may not be reproduced except as expressly permitted in writing by Enviromedica. We are strictly a magnesium resource.



- [Site Map](#)
- [Privacy Policy](#)

Magnesium: The Athlete's Mineral



[Easing Pregnancy with Magnesium](#)

Easing Pregnancy with Magnesium



[Maintaining Cardiac Health with Magnesium](#)

Maintaining Cardiac Health with Magnesium



[Magnesium for Muscle Spasms & Sports Injuries](#)

Magnesium for Muscle Spasms and Sports Injuries



[View All Videos](#)

A Pure Solution

Ancient Minerals is the #1 recommended brand for topical magnesium therapy. Our ultra pure magnesium supplements are the safest, most efficient way to re-mineralize a magnesium-starved body.