

ICE POWER Magnesium Cream

– For the wellbeing of muscles



Ice Power Magnesium Cream

- + For increased need of magnesium
- + Reduces muscle cramps and muscle tension
- + Contains magnesium in a well-absorbing sulphate form and menthol which gives a light cooling effect
- + Light emulsion cream – does not stain
- + Absorbs well and quickly
- + No side effects (e.g. stomach irritation or diarrhoea)
- + Can be used also together with magnesium food supplements to make sure the right magnesium level is reached (e.g. in malabsorption)

How to use:

Massage 2-3 pumps of the cream on skin 2-3 times a day or when needed. One pump contains 10 mg magnesium sulphate. The magnesium of the cream absorbs best on areas where the skin is thin (e.g. on hams), but the cream can be applied on any muscle areas (e.g. calves and thighs).

Locally the magnesium cream decreases muscle cramps, muscle pain and tension.

300 ml pump bottle – paraben-free – produced in Finland

Ice Power Magnesium Cream – magnesium in a well absorbing form

Magnesium is an important macro mineral, which is essential for approximately 300 different reactions in a human body. The European Commission has approved 10 health claims for magnesium e.g. magnesium helps to decrease tiredness and fatigue, magnesium improves electrolyte balance and magnesium enhances normal muscle function.

Study shows that magnesium absorbs well from Ice Power Magnesium Cream

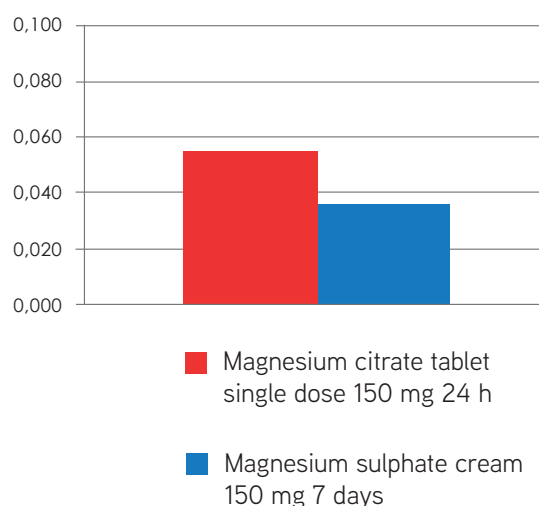
Orally taken magnesium tablets have been a more traditional way to make sure the necessary magnesium level is retained. Magnesium tablets, however, many times cause side effects such as stomach irritation and absorption problems.

Transdermal magnesium therapy, in other words magnesium absorption through skin is the new way to increase the magnesium level of the body. Ice Power Magnesium Cream has been studied comparing its absorption with orally taken magnesium tablets by measuring the level of magnesium in blood circulation. The study shows that by dosing the well-absorbing Ice Power Magnesium Cream regularly on skin the similar magnesium levels could be reached as with the singular dose magnesium citrate food supplement.

With Ice Power Magnesium Cream it is possible to avoid the troublesome side effects caused by magnesium food supplements simply by dosing the cream on the skin.

Read more about the absorption of magnesium from skin in the book Transdermal Magnesium Therapy (Dr. Marc Sircus).

The magnesium concentration in blood mmol/h



Picture 1. The magnesium citrate concentration in blood 24 hours after single dose magnesium tablet (n=8-9) and magnesium sulphate concentrate in blood 7 days after applying the Ice Power Magnesium Cream on skin (n=9) (Sampling and analysis: ValiRx Finland Oy)