

Why Zechsal magnesium?

Zechsal is pure, therapeutic and effective

The best types of magnesium

The foundation of Zechsal is **magnesium chloride**, extracted from the purest and most concentrated source of magnesium in the world. This source is located near our site in Veendam, the Netherlands. Natural magnesium occurs at a depth of 1,600 metres and is extracted using a certified process.

This type of magnesium is best for the most natural supplementation, the uptake through the skin. Zechsal offers bath crystals and magnesium oil in pure form without any additives. In addition, we develop and manufacture unique formulas based on this natural magnesium.

To complement topical magnesium, Zechsal supplies two oral forms that have demonstrated good results. These are **magnesium citrate** and **magnesium bisglycinate**. Both are organic, come in powder form without any added bulking agents or sweeteners and are of the very best quality. Ideal for use in combination with magnesium chloride.

1. Zechsal provides relief and respite from:

- ✓ Stress
- ✓ Rheumatic conditions
- ✓ Muscular pain and cramp (including restless legs)
- ✓ Fatigue and insomnia
- ✓ Skin conditions (psoriasis, eczema), itching and dandruff

Zechsal is also helpful for the relief of cardiac arrhythmia, fibromyalgia, headaches and depression.

2. Why is this?

The active ingredient is magnesium (chloride), the third human life-essential after oxygen and water. Magnesium encourages more than 350 physical processes. Many people are unaware that they suffer from a magnesium deficiency. This is because our food contains an ever-decreasing amount of magnesium and because our diets are not always sufficiently varied. This is also relevant to sportspersons, pregnant women and women experiencing menopause.

3. Topical as well as oral magnesium

a. topical magnesium

The fastest and most effective way of topping up your magnesium levels is via the skin. The magnesium chloride in the bath crystals, oils, gels and skin care products is easily absorbed and - via the interstitium - heads straight to the cells where it is needed.

Tip: high concentrations, such as those in magnesium oil, can cause a tingling sensation. This is not harmful and usually goes away. Just apply to a different spot and gradually increase the dosage.

b. oral magnesium

Zechsal's oral forms have been carefully selected, based on close examination of many studies. We have chosen the powder form because of purity, ability to set dosage and ease of ingestion. Using powders, your body does not have to break down any unnecessary bulking agents and they can simply be added to water, smoothies or yogurt.

Please note: oral use of magnesium can cause gastrointestinal irritation. Generally speaking, the body tolerates magnesium bisglycinate better than it does magnesium citrate. When magnesium is applied to the skin, the chances of gastrointestinal irritation are minimal.

4. Dosage and use

Here you will find some guidelines, although the dosage per individual depends on many factors such as bodyweight, lifestyle and conditions suffered. It is not possible to take in too much magnesium, since any excess magnesium will simply be expelled by the body.

Zechsal sport gel & flakes: as required

Effectively addresses muscle pain, injuries and cramp. For optimum relaxation and recovery, add the flakes to a foot spa twice a week. Apply the gel as required during or after exercise. In case of injuries, apply repeatedly. The gel is also a great first aid remedy for cramp.

MCM gel: twice daily

Ideal for the treatment of sore joints. Offers immediate relief. Recommendation: rub into sensitive spots twice daily. The gel quickly draws in, so rinsing is unnecessary.

Magnesium oil: 15 to 20 sprays a day

Every spray delivers 12.5 mg of pure magnesium with a concentration of 31%. 15 to 20 sprays deliver half of the RDA. Commonly used to top up deficient levels of magnesium. Leave on the skin for at least 15 minutes after application. Then rinse with water if preferred.

Magnesium gel: as required

Mostly used to treat skin conditions, as it promotes skin recovery. Can also be applied in compress form (19% improvement in hydration, skin that is 33% smoother). The gel contains 30% magnesium chloride. Leave on the skin for at least 15 minutes and then rinse with water.

Foot spa: 125 g crystals in app. 4 litres of water

For complete relaxation, a better night's sleep and to treat skin conditions (e.g. athlete's foot or eczema). Twice a week is a good basis. Every second day in case of chronic symptoms.

Float or luxury bath: 0.5 to 1 kg crystals per bath

Use for complete relaxation and as a magnesium remedy for the treatment of psoriasis or other skin conditions. An enjoyable way of taking in magnesium.

Magnesium citrate: 1 tsp once to twice daily

Dissolve in warm or hot water, or mix into dairy products. Specifically recommended for use on sore muscles and joints, and for recovery after physical strain. Suitable for use by athletes.

Magnesium bisglycinate: 1 tsp once to twice daily

Dissolve in warm water (tip: add lemon) or fruit juice, or mix into dairy products. This form has proven effects on mental processes. Recommended for the relief of stress, anxiety and depression. Improves concentration and sustains the memory.

In addition to the above products, you can apply as much as you like of our **skin care products** every day. **Children** can also benefit from extra magnesium (in case of e.g. restlessness, behavioural problems or sleeplessness). But please note that dosages for children are lower. Find out more in the Knowledge Centre on the home page of our website.

5. When should Zechsal not be used?

In case of an extremely low heart rate (<35) or in case of severe kidney conditions. If you are on medication, it is wise to keep an hour between the use of Zechsal and the intake. If you have doubts about using Zechsal in combination with other medication, always consult a physician first.