



ZECHSAL
pure magnesium

CATALOG





ZECHSAL

pure magnesium

Why Zechsal?

Zechsal is the magnesium specialist. They use the purest and most absorbable forms of magnesium for all their products. The base is natural magnesium from the unique Zechstein source.

Zechsal offers a range of products where the magnesium from this source is absorbed through the skin. These include bath crystals, oil, gels, care-, sports- and speciality products.

In addition, Zechsal offers oral magnesium in powder form. Pure, without fillers and easy to dose yourself. To enhance the effect of magnesium, Zechsal has a few additional products in its range, the so-called "additional".

Let's introduce...

With our products and business operations, Zechsal strives for a healthy and sustainable world. Zechsal products meet the highest standards of purity and are of therapeutic quality. With our choices of materials and partners in the region, we try to spare the environment as much as possible. We are committed to sustainable packaging, such as bio-based tubes and use recycled materials where possible.

Part of the proceeds from our products goes to charities. The most important of these is the Princess Maxima Centre for paediatric oncology.

We aim to exceed your expectations and are ready to answer all your questions.

Read more about Zechsal and its applications at **www.zechsal.nl**. In our online knowledge center, you will find a multitude of background information, publications and videos.



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ZECHSAL ORIGINALS

Magnesium oil

Description

Pure magnesium oil for frequent use. Ideal for magnesium therapy.

Zeichsal magnesium oil is the highly concentrated liquid form of magnesium chloride, dissolved in water. It is called magnesium oil because it feels oily. Magnesium oil is exceptionally suitable for quickly and effectively absorbing magnesium through the skin. Convenient and economical in use, for the whole body.

The best places to absorb magnesium are the feet, armpits, and stomach area. But if you suffer from cramps or tense muscles, it is also wise to treat the affected spot.

Dosage and use

Use 15 to 20 sprays daily (approx. 200 mg, half the daily requirement). Let it absorb for at least 10 minutes. Then rinse if desired. A slight tingle and a warm feeling are normal and indicate that the magnesium is being absorbed. Your skin will become pleasantly supple, and you can enjoy the total relaxation.

Tip: if the skin is warm (e.g. after a shower or after exercise), it greatly improves the absorption. Avoid contact with your eyes or open wounds as this can cause a stinging sensation.

Ingredients: 31% magnesium chloride, water
Shelf life: 36 months after opening
Storage: >5°C to avoid crystallisation
Packaging: ZE11 recycled PET



Item no.	Product	Content	Packaging	EAN	Per box
ZE11	Magnesium oil	100 ml	Spray bottle	8717953047922	25
ZE20	Magnesium oil	500ml	Bottle (refill)	8718657170008	16
ZE14	Magnesium oil	1000 ml	Bottle (refill)	8717953047939	6

ZECHSAL ORIGINALS

magnesium gel

Pure magnesium gel with a high concentration of 30% magnesium chloride. Purifies, moisturises and promotes skin regeneration. It is known that 70% of people with skin conditions benefit from it. After 3 weeks, it provides 19% better hydration and 33% smoother skin. Easy to apply.

Dosage and use

Use the gel as needed for skin conditions. It is also used for maintenance of the magnesium balance, instead of magnesium oil.

Due to the gel consistency, it is slightly easier to massage with it. The gel feels slightly sticky and is largely absorbed by the skin. Leave on for at least 15 minutes after application, then rinse.

Zeichsal gel is also used for wrapping. Apply to the painful area (e.g. knee, neck, shoulder) and wrap up warmly. Let it heat for at least 15 minutes and then pat or rinse with lukewarm water.

Tip: if the skin is warm (e.g. after a shower or after exercise), it greatly improves the absorption. Avoid contact with your eyes or open wounds as this can cause a stinging sensation.

Ingredients: 30% magnesium chloride, water, hydroxypropyl starch phosphate (natural corn starch)

Shelf life: 36 months after opening

Storage: >0°C



ZE9



Item no.	Product	Content	Packaging	EAN	Per box
ZE9	Magnesiumgel	125 ml	Tube	8717953047908	24

ZECHSAL ORIGINALS

Magnesium bath crystals

Description

Zechsal bath crystals consist of pure magnesium chloride in solid form. The Zechstein-inside quality mark guarantees the purity of the salt and the extraction process.

Zechsal products are not tested on animals and do not contain soap, preservatives or dyes.

Dosage and use

For normal maintenance of your magnesium balance, take a foot bath twice a week. In case of health conditions, we recommend taking a foot bath every day, preferably in the evening before going to sleep. Dosage: 125 grams to approx. 4 litres of warm water.

Using the magnesium bath crystals will soften the skin and relax body and mind. It requires a dose of at least half to 1kg to achieve the desired effect. The same dosage is recommended for maintaining your magnesium balance. After the bath, your skin will feel pleasant and supple.

Tip: 4 kg is used for therapeutic baths (for severe skin conditions).

In all cases the recommended bath temperature is 37 degrees Celsius. Bath time is at least 20 minutes, an optimal time is 45 minutes. The frequency depends on your personal needs.

Note: Not suitable for electric foot baths (due to the corrosive properties of magnesium for metal parts, such as in a pump system).

Ingredients:	47% magnesium chloride, water
Shelf life:	36 months after opening
Storage:	>0°C, airtight packaging



Zechsal magnesium foot bath

750 gram container, enough for 6 foot baths. Bag of 750gr to refill the container.

ZE2

ZE1



Zechsal magnesium body bath

Lockable container with screw lid. Sufficient for 2 to 4 baths or 16 foot baths. To be refilled with bag of 2 kilograms.

ZE4

ZE3



Zechsal magnesium deluxe

Luxury jar with screw lid and handle. Enough for 4 to 8 baths or 32 foot baths. To be refilled with 4-kilogram bag.

ZE5

ZE7



Item no.	Product	Content	Packaging	EAN	Per box
ZE1	Magnesium foot bath	750gr	Container	8717953047946	12
ZE3	Magnesium float bath	2kg	Container	8717953047953	6
ZE7	Magnesium bath deluxe	4kg	Container	8717953047984	
ZE2	Magnesium refill bag	750gr	Bag	8718657170077	20
ZE4	Magnesium refill bag	2kg	Bag	8718657170039	8
ZE5	Magnesium refill bag	4kg	Bag	8718657170046	4

ZECHSAL oral magnesium



Zechsal offers two types of magnesium in pure powder form. Without fillers, easy to dose and of superior quality. Ideal for supplementing the use through the skin!

Zechsal magnesium bisglycinate

An organic form of magnesium, in powder form, bound to an amino acid. Original ALBION® quality. Magnesium bisglycinate supports mental processes. It will reduce stress, sadness and anxiety. It improves your concentration and supports your memory. Excellent absorption.

Dosage and use

Once or twice a day, dissolve 1 teaspoon of powder in water, fruit juice or mix with dairy.

NB 1 teaspoon is 2 grams, which corresponds to 200mg of magnesium.

Ingredients: Magnesium bisglycinate chelate, citric acid.

Shelf life: see bottom of packaging (> 1 year)

Storage: at room temperature, dry



ZEBG



ZEBGm

Zechsal magnesium citrate

An organic form of magnesium, in powder form, with good absorption. Zechsal offers an "anhydrous" version, which dissolves better than other types.

The best-known effects of citrate are: relieving muscle pain, promoting strong bones and joints, supporting your energy level when fatigued.

Dosage and use

Dissolve 1 level teaspoon of powder in water or dairy once or twice a day.

NB 1 level teaspoon is 1.5 grams, and this corresponds to 220mg of magnesium.

Ingredients: Magnesium citrate.

Shelf life: see bottom of packaging (> 1 year)

Storage: at room temperature, dry



ZEC



ZECm



Item no.	Product	Content	Packaging	EAN	Per box
ZEBG	Magnesium bisglycinate	200gr	container	8718657170305	8
ZEBGm	Magnesium bisglycinate	40gr	container	8718657170329	12
ZEC	Magnesium citrate	200gr	container	8718657170312	8
ZECm	Magnesium citrate	40 gr	container	8718657170336	12

ZECHSAL

Speciality products

Zechsal MCM gel

Gel made especially for the joints: relieves pain, inhibits inflammation and promotes recovery.

Highly dosed with natural magnesium from the Zechstein source that ensures flexible (muscles and) joints, pain relief and faster recovery.

MCM gel is enriched further with functional substances such as chondroitin, OptiMSM® and ginger. Chondroitin is a natural body substance that occurs in connective tissue, cartilage and tendons. It is anti-inflammatory and supports the structure of joints. It is used, among other things, for osteoarthritis and mild vein inflammation.

OptiMSM® is a source of organic sulfur and is known as “the world's purest MSM”. In addition to its function as an anti-inflammatory and building material for cartilage, OptiMSM® also ensures a better absorption of magnesium.

Ginger has an anti-inflammatory effect, is a natural pain reliever and promotes blood circulation so waste products can leave the body.

Dosage and use

Use one or more times a day on the affected joints. Let it absorb for a while, rinsing is not necessary. In case of serious conditions, you can also use the gel in a wrap around the joint.

Ingredients:	see leaflet
Shelf life:	12 months after opening
Storage:	>5°C and < 30°C
Packaging:	ZE40 bio-based



ZE40



ZE40L



Item no.	Product	Content	Packaging	EAN	Per box
ZE40	Zechsal MCM gel	100 ml	Tube	8718657170244	10
ZE40L	Zechsal MCM gel	500ml	Pump bottle	8718657170275	6

ZECHSAL skincare

The skin is not only our largest absorption organ; it is also our business card. The functional care products from Zechsal improve skin health thanks to the purifying and rejuvenating mineral magnesium. Zechsal skincare is innovative and contains no parabens or aluminium. We use natural ingredients as much as possible.

Zechsal magnesium body cream

Zechsal body cream combines the beneficial effects of pure magnesium with the nourishing properties of shea butter. Especially made for people with dry or irritated skin.

Provides optimal skincare and supports your magnesium balance.

Contains magnesium chloride at the level of the Dead Sea (approx. 3%) and is therefore effective in treating skin conditions.

Ingredients: see leaflet
Shelf life: 6 months after opening
Storage: >0°C and < 25°C
Packaging: ZE17 bio-based



Zechsal magnesium hair & body wash

In Zechsal hair & body wash, the beneficial effect of magnesium is enhanced by the vitamin-rich Irish moss. Zechsal hair & body wash is gentle on the whole body. With a light, refined scent.

As a shampoo, it is especially suitable for people with an irritated scalp or limp and lifeless hair. Can help reduce or eliminate itching.

Ingredients: see leaflet
Shelf life: 6 months after opening
Storage: >0°C and < 30°C



Item no.	Product	Content	Packaging	EAN	Per box
ZE17	Magnesium body cream	125 ml	Tube	8718657170251	8
ZE17M	Magnesium body cream mini	30 ml	Tube	8718657170176	32
ZE17L	Magnesium body cream	500 ml	Pump bottle	8718657170268	6
ZE18	Magnesium hair & body wash	200 ml	Bottle	8717953047915	18
ZE18M	Magnesium hair & body wash mini	50 ml	Tube	8718657170183	12

Zechsal Magnesium deodorant

Innovative, prebiotic deodorant with a high magnesium content. Formula based on natural active ingredients. Long-lasting and effectively neutralises sweat odour. Without perfume: the fresh scent is caused by natural menthol components. No aluminium: no aluminium salts have been added.

Ingredients: see leaflet
Shelf life: 6 months after opening
Storage: >5°C and < 25°C



ZE33



Zechsal Magnesium clearskin

The natural approach to blemishes and redness based on the famous milk of magnesia. Zechsal skin balm disinfects, inhibits sebum formation and mattifies the skin. Enriched with tea tree oil and dermatologically tested. Works quickly and effectively.

Use:

- Tap on the individual blemishes. Rinsing not necessary.
- Use as a mask. Leave on for 10 minutes and then rinse with lukewarm water.

Ingredients: see leaflet
Shelf life: 6 months after opening
Storage: >5°C and < 25°C



ZE38

Zechsal Pure Elements balancing cream

Prebiotic face cream m/f from Pure Elements. The prebiotic composition is in balance with the content of our skin cells. Due to this osmotic equilibrium, the absorption of nutrients from the cream by the cells is optimal. Pure Elements, of course, contains the natural magnesium from the Zechstein source as an important building material. The energy booster NADH, vitamins C and E, hyaluronic acid and numerous micro-elements (100% natural) have been added to this base.

- ✓ optimal nutrition and hydration
- ✓ powerful protection
- ✓ a structural "lifting" effect



ZE39

The fragrance is refreshing due to the use of citrus and lime. The addition of shea butter makes Pure Elements feel soothing. Innovative packaging. Thanks to a sliding system that is connected to an inner pouch, perfect hygiene is ensured.



Ingredients: see leaflet
Shelf life: 6 months after opening
Storage: >0°C and < 25°C

Item no.	Product	Content	Packaging	EAN	Per box
ZE33	Magnesium deodorant	75 ml	Roller	8718657170053	10
ZE38	Magnesium clearskin	50 ml	Bottle	8718657170114	12
ZE39	Zechsal pure elements	50 ml	container/box	8718657170206	12

ZECHSa||SPORT

Pure magnesium power

You won't get very far without magnesium. It ensures the production of energy, and it keeps your muscles flexible and your bones strong. Athletes go further and recover better with magnesium. Zechsallsport is now available for everyone who likes to exercise. Highly dosed with natural magnesium from the Zechstein source and enriched with OptiMSM®.

OptiMSM® is a source of organic sulfur, known as "the world's purest MSM". It ensures better absorption of magnesium, inhibits inflammation in your body and promotes the production of cartilage. It keeps your joints in good condition!

Zechsallsport is first aid for anyone who wants to keep moving. Natural and powerful!



Zechsallsport flakes

This package contains pure magnesium flakes (1kg) and a bag with 100g OptiMSM® powder to add. For quicker recovery after sports and exercise. Sufficient for 8 foot baths or 2 baths.

After exercise, a bath or foot bath with Zechsallsport helps to relax optimally and to recover faster.

Ingredients: Flakes, 47% magnesium chloride, crystal water.

OptiMSM®, 99% methylsulfonylmethane

Shelf life: Flakes 36 months after opening, OptiMSM® see date on the bag

Storage: >0°C, close the packaging properly

- ✓ Quicker recovery
- ✓ Flexible muscles
- ✓ More energy

☑ FIRST AID FOR CRAMPS



SP1



SP2

Zechsallsport gel

Pure magnesium power, enriched with OptiMSM® for faster recovery after sports and exercise. The gel keeps the muscles supple and helps in recovery from injuries.

Zechsallsportgel spreads smoothly and absorbs well. Use preventively before or curatively after exercise.

Ingredients: see leaflet

Shelf life: 36 months after opening

Storage: >5°C and < 30°C

Packaging: SP2 bio-based



SP4



Item no.	Product	Content	Packaging	EAN	Per box
SP1	Zechsallsport flakes	1,1 kg (bath crystals + OptiMSM®)	Stand up pouch	8718657170091	12
SP2	Zechsallsport gel	100 ml	Tube	8718657170084	10
SP4	Zechsallsport gel	500 ml	Pump bottle	8718657170190	6

ZECHSAL Additional

Sodium Bicarbonate

High-quality detox product, for extra detox in your bath or foot bath. Guaranteed free from aluminium. Zechsal sodium bicarbonate de-acidifies the body, removes waste products and supports the immune system.

When used together in a bath or foot bath, Zechsal sodium bicarbonate and Zechsal magnesium reinforce each other. Sodium bicarbonate (NaHCO_3^-) forms a basic buffer in our blood. It ensures that the blood remains slightly alkaline (pH slightly above 7) by neutralizing acidic waste products.

Ingredients: Natrii hydrogenocarbonas
Shelf life: see bottom of packaging
Storage: Keep dry and cool.



ZE29



ZE29M

OptiMSM®

MSM (Methylsulfonylmethane) is a natural source of organic sulfur. Sulfur has been used therapeutically for centuries for various problems and conditions. OptiMSM® is the purest form of MSM.

Many people can use a little extra to function properly and to promote healthy ageing. MSM inhibits inflammation in the body, ensures flexible muscles and joints (cartilage, tendons, etc.) and is a building block for skin, hair and nails. In addition, it also promotes the absorption of magnesium, when used simultaneously.

Ingredients: methylsulfonylmethane
Shelf life: see bottom of packaging
Storage: Keep dry and cool.



ZE32



ZE32M



Item no.	Product	Content	Packaging	EAN	Per box
ZE29	Sodium bicarbonate	1kg	Container	8718657170022	12
ZE29M	Mini sodium bicarbonate	100 gram	Small container	8718657170220	12
ZE32	OptiMSM®	500gr	Container	8718657170060	12
ZE32M	OptiMSM® mini	50 gram	Small container	8718657170213	12

ZECHSAL Accessories

Zechsal scoop

65ml. Fit for dosage of crystals.



SCH1

Zechsal small scoop

2ml. Fit for OptiMSM® and Sodium bicarbonate.



SCH2

Wandelwol®

Walking wool consists of 100% organic sheep wool and is a anti-pressure wool for blisters and pressure points.



ACC04

Zechsal wooden foot bath

The Zechsal foot bath is made of durable Kambala hardwood, has a coating on the inside to eliminate leaks and it can be easily cleaned. The foot bath has a diameter of 40 cm and a capacity of 16 litres. NB is supplied without a towel.



ACC01

Insert for wooden foot bath

Protects and extends service life with frequent use.



ACC14

Check out www.zechsal.nl for all accessories.

Item no.	Product	Content	Packaging	EAN	Per box
SCH1	Measuring scoop	65ml		N/A	12
SCH2	Small scoop	2ml		N/A	12
ACC04	Wandelwol®	20 grams	Plastic sachet	N/A	1
ACC01	Zechsal wooden foot bath	16 litre		N/A	1
ACC14	Insert wooden foot bath	16 litre		N/A	1

ZECHSAL

Gift boxes

Zechsal gift box

A wonderful gift for the holidays at an affordable price.
Let everyone you love get to know Zechsal!

The box contains a small tube of Zechsal body cream (30 ml),
hair & body wash (50 ml) and a sachet of magnesium crystals
for 1 foot bath (125g).



BX1

Zechsal gift bag

125 grams of bath crystals in an organza
sachet including a folding booklet with the
story of the Zechstein source, dosage and use.
Sufficient for 1x foot bath.



GE1

Zechsal gift bag

(Limited edition Christmas)

125 grams of bath crystals in a silver-coloured
organza bag including folding booklet with
the story of the Zechstein source, dosage and
use.

Sufficient for 1x foot bath.



GE3

Item no.	Product	Content	Packaging	EAN	Per box
BX1	Zechsal mini gift box			N/A	12
GE1	Zechsal gift bag (bath crystals)	125gr	Organza sachet	N/A	12
GE3	Zechsal gift bag, Christmas (bath crystals)	125gr	Organza sachet	N/A	12

ZECHSAL

Promotional materials

Trial pack of bath crystals (125g)

Paper pouch, sufficient for 1 foot bath.



PR1

Magnesium oil trial pack (10ml)

Dropper bottle



PR2

SP2sa

ZE40sa

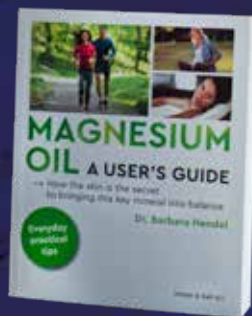
ZE17sa

ZE39sa



Available in the
course of 2021

Item no.	Product	Content	Packaging	
PR1	Zechsal trial pack (bath crystals)	125gr	Paper pouch	12 per box
PR2	Zechsal trial pack (magnesium oil)	10ml	Dropper bottle	10 per box
SP2sa	Zechsallsport gel, sachet	5ml	sample pack	per 20 pieces
ZE40sa	MCM gel, sachet	5ml	sample pack	per 20 pieces
ZE17sa	Body cream, sachet	5ml	sample pack	per 20 pieces
ZE39sa	Pure elements, sachet	1.5ml	sample pack	per 20 pieces
	available in the course of 2021			



BK01

Magnesium oil, a user's guide

Everything you could possibly want to know about magnesium oil, gel and bath crystals!

By Dr. Barbara Hendel. With handy tips for daily use.



FL2

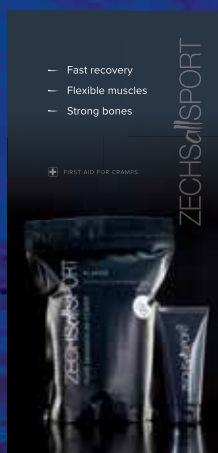
ZE22D (ZE1 + ZE11): Zechsal self-diagnosis package for starters.

Leaflet about dosage and use, with handy checklist.

FL1



FL6



FL7



FL8



Item no.	Product
BK01	Magnesium, a user's guide
FL1	General flyer
FL2	Self diagnosis flyer
FL6	Sport flyer
FL7	Pure elements flyer
FL8	MCM gel flyer

KNOWLEDGE CENTER

Zechsal is a magnesium specialist and has a wealth of knowledge that we are happy to share. Not everything can be included in this catalog, which is why we would like to refer you to the Zechsal knowledge center at www.zechsal.nl. There you will find publications, information sheets and videos about magnesium and the application of Zechsal products. To read but also to download and distribute.

MEDIA

Info sheets
Publications
Videos

THEMES

Children
Pregnancy
Sports
Skincare
Sleeping
Massage



Why
Sodium Bicarbonate?



Why
OptiMSM?



Sleep well
with magnesium



Zechsal and
children



Magnesium
and weight loss



Zechsal and
pedicure & reflexology

Magnesium reference tabel

	Magnesium oil (chloride)	Magnesium gel (chloride)	Magnesium bath crystals (chloride)	Magnesium Citrate powder	Magnesium Bisglycinate powder	MCM gel (chloride)	
	page 4	page 5	page 7	page 8	page 8	page 9	
Depression	•	...	••	
Diabetes type 2	••	••	
Energy / fatigue	••	••	
Memory & concentration	••		••	•	...	•	
Weight control	••	••	
Joints	••		••	•	•	...	
Heart	••	••	
High blood pressure	••	••	•	
Headache / migraine	••	...	••	
Skin		•	•		
Children			...	•	••		
Cramps	••	•	••	
Inflammation	••		••	•	•	...	
Deacidification	•		••	•	•		
Osteoporosis / bones	••	...	
Menopause	••	
Restless legs	••	•	••	
Sleep	••	...	•	
Muscle pain	•	••	
Stress	••	...	••	
Nervous system	••	...	••	
Pregnancy	••	...	••	

	Body cream (chloride)	Hair & body wash (chloride)	Deodorant	Clearskin	Pure elements	Sport flakes	Sport gel	Sodium Bicarbonate	OptiMSM
	page 10	page 10	page 11	page 11	page 11	page 13	page 13	page 14	page 14
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Why Zechsal magnesium?

Zechsal is pure, beneficial and powerful

The best types of magnesium

The basis of Zechsal is **magnesium chloride** from the purest and most concentrated magnesium source in the world. This source is close to our location in Veendam. The natural magnesium comes from a depth of 1600 meters and is extracted according to a certified process.

This magnesium is the best form for absorption through the skin, our largest absorption organ. Zechsal provides it in its pure form - without any additives - as bath crystals and magnesium oil. In addition, we make unique functional products with a high magnesium content.

As an addition to magnesium through the skin, Zechsal offers two oral forms which have been shown to provide good results: **magnesium citrate** and **magnesium bisglycinate**. Both are organic and in powder form, without fillers or sweeteners and of the best quality. Ideal to combine with the use of magnesium chloride.

1. Zechsal relieves and relaxes:

- ✓ Stress, anxiety en memory issues
- ✓ Rheumatic diseases and osteoarthritis
- ✓ Muscle pain and cramps
- ✓ Fatigue and insomnia
- ✓ Skin conditions (psoriasis, eczema), itching and dandruff

Zechsal also offers support for cardiac arrhythmias, headaches, fibromyalgia and depression.

2. Why is that?

The active substance is magnesium, which is the third necessity for sustaining human life, after oxygen and water. Magnesium advances more than 350 bodily functions and is therefore indispensable. Many people have an undetected magnesium deficiency. This is because our food contains less and less magnesium, our diet is not always sufficiently diverse and many types of medicines are magnesium "robbers". Therefore many people can use a little extra magnesium. This also applies to athletes, pregnant- and menopausal women.

3. Through the skin and orally

a. Through the skin

The fastest and most effective way to replenish your magnesium balance is through the skin. The magnesium chloride in the bath crystals, oil, gels and skin care of Zechsal is excellently absorbed and goes directly to the cells where it needs to be, via the interstitium.

Tip: a high concentration, like in magnesium oil, can cause a stinging sensation on the skin. This is not an issue and usually passes. Try a different spot and gradually increase the dose.

b. Oral

The oral forms of Zechsal have been carefully selected after reviewing many studies. We have chosen the powder form because of its purity, the possibility to determine your own dosage and the ease of taking it. This way your body does not have to break down unnecessary fillers and you can easily add it to a smoothie or yogurt.

Note: oral use of magnesium can cause stomach / intestinal complaints. In general, magnesium bisglycinate

is tolerated better than magnesium citrate. The risk of gastrointestinal complaints is minimal when absorbed through the skin.

4. Dosage and use

We provide guidelines, although the dosage is very personal and depends on body weight, lifestyle and complaints. It's not possible to take too much magnesium. The surplus is excreted from the body.

Zechallsport gel & flakes: as needed

Effective for muscle pain, injuries and cramps. A foot bath with the flakes twice a week for optimal relaxation and recovery. The gel as needed during or after exercise. Repeat several times in case of injuries. The gel is also your first aid for cramps.

MCM gel: twice daily

Ideal for treating painful joints. Provides immediate relief. Advice: rub sensitive areas twice a day. The gel absorbs quickly, rinsing is not necessary.

Magnesium oil: 15 to 20 sprays per day

Each spray delivers 12.5 mg of pure magnesium, concentration 31%. 15 to 20 sprays provide half the RDI. Often used as a supplement to a magnesium deficiency. Leave on for at least 15 minutes after application. Then rinse with water if necessary.

Magnesium gel: as needed

Mostly used for skin conditions, it promotes skin regeneration. Also for wraps (19% better hydration, 33% smoother skin). The gel contains 30% magnesium chloride. Leave on for at least 15 minutes after application and rinse with water after use.

Foot bath: 125 grams of crystals to approx. 4 litres of water.

For total relaxation, better sleep and for skin conditions (e.g. athlete's foot or eczema). Twice a week is a good basis. Every other day for chronic conditions.

Body bath or Deluxe: a half to 1kg of crystals for a bath

Used for total relaxation and as a magnesium cure for psoriasis or other skin conditions. A great way to absorb magnesium.

Magnesium citrate: 1 to 2 times daily 1 teaspoon

Dissolve in lukewarm or warm water, or mix with dairy. Specifically recommended for muscles, joints and recovery after exercise. Suitable for athletes.

Magnesium bisglycinate: 1 teaspoon once or twice a day

Dissolve in lukewarm water (tip: with lemon), fruit juice or mix with dairy. This form demonstrably affects mental processes. Recommended for stress, anxiety and depression. It improves your concentration and supports your memory.

In addition, you can use the **care products** daily as much as you want.

Children (e.g. in case of restlessness, behavioural problems or poor sleep) can also benefit from extra magnesium. Please note: the dosages for children are lower. You can read more about this in the knowledge center on the website.

5. When not to use?

With an extremely low heart rate (<35) and severe kidney diseases. When using in conjunction with medicines, it is wise to leave an hour between the use of Zechsal and the intake. If in doubt about the combination with medication, consult your doctor.



Zechsal magnesium body cream *Explanatory INCI-Ingredients*

Aqua	Water.
Glycerin	From vegetable oil. Has a soothing and moisturising effect.
Helianthus Annuus Hybrid Oil	Oil from seeds, softening.
Distarch Phosphate	Plant-based starch, thickener.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Glyceryl Stearate Citrate	Citric acid, skin care.
Myristyl Myristate	Vegetable oil emulsifier, softening.
Butyrospermum Parkii Butter	Oil from the Shea tree, high vitamin and lipid content, vitalising.
Cetearyl Alcohol	From coconut and palm oil, disinfectant.
Dicaprylyl Ether	Vegetable oil, makes the skin supple.
Cetyl Palmitate	Palm oil stabiliser, softening.
Polyglyceryl-3 Stearate	Plant-based, thickens glycerine, has a soothing effect.
Dipotassium Glycyrrhizate	Mineral salt, disinfectant.
Tocopherol	Vitamin E, anti-oxidant.
Helianthus Annuus Seed Oil	Sunflower oil. Contains vitamins A, C and E. Good for skin elasticity.
Glyceryl Caprylate	Soothing emulsifier from palm and coconut oil.
Perfume	Fragrance from essential oils.
Xanthan Gum	Stabiliser from sugar and molasses.
Limonene	Fragrance of lime.
Linalool	Plant-based fragrance. Rosewood.
Geraniol	Organic fragrance, rose scent.
Shelf life	6 months after opening.
Storage	Temperature > 0°C and <25°C.



Zechsal magnesium hair & body wash *Glossary INCI-Ingredients*

Aqua	Water.
Glycerin	From vegetable oil. Has a soothing and moisturising effect.
Alcohol	Grain alcohol, denatured by essential oils.
Whey	Complete protein, contains all amino acids.
Sodium Lauryl Sulfoacetate	Foaming agent from coconut and palm oil.
Decyl Glucoside	Made from coconut oil and sugars. Cleansing.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Inulin	Plant-based thickener.
Chondrus Crispus	Irish moss, seaweed, rich in minerals and antioxidants.
Coco-Glycoside	Cleansing, from coconut oil.
Glyceryl Oleate	Vegetable oil emulsifier.
Glucose	Softening fruit sugar.
Perfume	Fragrance from essential oils.
Citrus Aurantium Bergamia Oil	Essential oil, promotes relaxation.
Vanilla Planifolia Fruit Extract	Fragrance from the Vanilla plant.
Limonene	Fragrance of lime.
Shelf life	6 months after opening.
Storage:	Temperature > 0°C and < 30°C





Zechsal magnesium deodorant *Explanatory INCI-Ingredients*

Aqua	Water.
AlcoholDenat	Natural grain alcohol. Disinfectant and conductive for magnesium chloride, resulting in better transdermal absorption.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Propanediol	Corn stabiliser.
Glycerin	From vegetable oil. Has a soothing and moisturising effect.
Triethyl citrate	Solvent from citric acid. Anti-bacterial and disinfectant.
Saccharomyces Ferment Filtrate	Odor neutraliser from mushroom. Dissolves odor-causing bacteria.
Polyglyceryl-10 Laurate	Mixing agent from glycerine and palm oil. Nourishing and softening.
Sodium Caproyl / Lauroyl Lactylate	Supporting mixing agent with disinfectant effect. From the sodium salt of lactic acid.
Salvia Officinalis Oil	Essential oil of Sage. Fragrant and invigorating.
Hydroxyethyl Cellulose	Plant-based thickener.
Menthol	Plant-based fragrance from peppermint oil.
Menthyl Lactate	Menthol derivative with soothing and cooling effect.
Bisabolol	Substance extracted from chamomile with antibacterial, anti-inflammatory effect.
Citric Acid	Citric acid, antibacterial.
Phenethyl alcohol	Organic moisture binder, degreaser.
Shelf life	6 months after opening.
Storage:	Temperature > 5°C and < 30°C.



Zechsal magnesium clearskin *Explanatory INCI-Ingredients*

Aqua	Water.
Magnesium Hydroxide	Magnesium chloride treated with calcium magnesium carbonate. Removes sebum and oil from the skin.
Propanediol	Corn stabiliser.
Cyclodextrin	Binder from starch.
Melaleuca Alternifolia Leaf Oil	Tea tree oil. Disinfects and promotes the local sebum-dissolving effect of the milk of magnesia.
Hydroxypropylcellulose	Thickening agent from wood.
Shelf life	3 months after opening.
Storage	Temperature > 5°C and < 25°C.





Zechsal pure elements, face cream *Explanatory INCI-Ingredients*

Aqua	Water.
Ethylhexyl Stearate	From vegetable oil, softening binder.
Cetearyl Alcohol	From coconut and palm oil, disinfectant.
Butyrospermum Parkii Butter	Oil from the Shea tree, high vitamin and lipid content, vitalising.
Glycerin	From vegetable oil. Has a soothing and moisturising effect.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Sodium Hyaluronate	Hyaluronic acid from sugar cane. For skin volume, co-transporter, anti-wrinkle effect.
Tocopherol	Vitamin E, anti-oxidant.
Tocopheryl Acetate	Form of vitamin E. Strengthens the skin barrier. Protects against UV rays. Anti-oxidant.
Helianthus Annuus Seed Oil	Sunflower oil. Contains vitamins A, C and E. Good for skin elasticity.
Xanthan Gum	Stabiliser from sugar and molasses.
Caprylyl Glycol	Natural and mild preservative. Moisturising.
Sodium Ascorbyl Phosphate	Water-soluble vitamin C. Powerful anti-oxidant. Stimulates the production of Collagen.
P-Anisic Acid	Anisic acid. Antiseptic preservative.
Dipropylene Glycol	Organic compound, viscosity regulator.
Glyceryl Caprylate	Soothing emulsifier from palm and coconut oil.
Tetrasodium Glutamate Diacetate	Plant-based preservative.
Cetearyl Glucoside	Sugar-based stabiliser.
Perfume	Fragrance from essential oils.
Limonene	Fragrance of lime.
Linalool	Plant-based fragrance. Rosewood.
Disodium Nadh	Natural co-enzyme. Very powerful anti-oxidant and energy supplier.
Iron Oxide	Natural preservative.
Citric Acid	Citric acid, antibacterial.
Shelf life: 6 months after opening.	
Storage	Temperature > 0°C and < 25°C



MCM gel *Explanatory INCI-Ingredients*

Aqua	Water.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Alcohol	Grain alcohol, denatured by essential oils.
Glycerin	From vegetable oil. Has a soothing and moisturising effect.
Menthol	Plant-based fragrance from peppermint oil.
Dehydroxanthan Gum	Stabiliser from fermentation of sugar and molasses.
Dimethylsulfon	OptiMSM, organic sulfur compound, anti-inflammatory, ensures better absorption of magnesium chloride.
Sodium Chondroitin Sulfate	Plant-based building material. Necessary to build up cartilage.





Caffeine	Anti-oxidant, helps blood circulation.
Paullinia Cupana Fruit Extract	Nutty seed. Has a de-acidifying and stimulating effect.
Zingiber Officinale Root Extract	Ginger. Natural anti-inflammatory and anti-oxidant.
Xanthan Gum	Stabiliser from sugar and molasses.
Perfume	Fragrance from essential oils.
Shelf life:	12 months after opening.
Storage:	Temperature > 5°C and < 30°C.

Zechsallsport gel Explanatory INCI-Ingredients

Aqua	Water.
Magnesium Chloride	Natural magnesium chloride from the Zechstein source.
Pentylene Glycol	Softening skin moisture binder, makes the skin tighter, Synthetic alternative to honey.
Dehydroxanthan Gum	Stabiliser from fermentation of sugar and molasses.
Dimethylsulfon	OptiMSM, organic sulfur compound, anti-inflammatory, ensures better absorption of magnesium chloride
Polyglyceryl-10 Laurate	Mixing agent from glycerine and palm oil. Nourishing and softening.
Menthol	Plant-based fragrance from peppermint oil.
Perfume	Fragrance from essential oils.
Citrus Aurantium Bergamia Oil	Essential oil, promotes relaxation.
Citric Acid	Citric acid, antibacterial.
Limonene	Fragrance of lime.
Geraniol	Organic fragrance, rose scent.
Linalool	Plant-based fragrance. Rosewood.
Shelf life	36 months after opening.
Storage	Temperature > 5°C and <30°C.





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