

# PAIN

7500mg magnesium lotion

4 ounce

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Lavender Water (*Lavandula angustifolia*), Magnesium Chloride (*Magnesium chloridum*), Helichrysum Essential Oil (*Helichrysum italicum*), Wintergreen Essential Oil (*Gaultheria fragrantissima*), Cocoa Butter (*Theobroma cacao*), Sweet Marjoram Essential Oil (*Origanum majorana*), Organic Chamomile Tea (*Matricaria recutita*), Organic Arnica Flower Extract (*Arnica Montana*), Clove Bud Essential Oil (*Eugenia caryophyllata*), Organic Coconut Oil (*Cocos Nucifera*), Organic Jojoba Seed Oil (*Simmondsia Chinensis*), Organic Sugar Cane Alcohol (*Saccharum officinarum*), Organic Olive Fruit Oil (*Olea Europaea*), Organic Beeswax (*Cera alba*), Organic Sunflower Oil (*Helianthus annuus*), Organic Lecithin, Organic Carnauba Wax (*Copernicia prunifera*), Organic Shea Butter (*Butyrospermum Parkii*), Organic Coconut Fatty Acid (*Cocos Nucifera*), Organic Tamanu Oil (*Calophyllum Inophyllum*), Rosemary ct 1.8 cineole Essential Oil (*Rosemarinus officinalis* ct. cineole ), Organic Arrowroot Powder (*Maranta arundinacea*), Organic Aloe Vera Juice (*Aloe barbadensis*), Organic Calendula Oil (*Calendula officinalis*), Organic Borage Seed Oil (*Borago Officinalis*), Non-GMO Xanthan Gum, Organic Rosemary Leaf Extract (*Rosmarinus Officinalis*), Mixed Tocopherols (Vitamin E)

## suggested use

Apply a small amount to area of concern, as needed. One teaspoon contains approximately 300mg of Magnesium.

## responsible cautions

- A tingling sensation may be experienced when applying to skin, but should not last more than a few seconds.
- Do not apply to broken skin.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- May increase the effect of anticoagulant drugs.
- Not recommended for those facing major surgery, suffering from hemophilia or other bleeding disorders, during pregnancy, while breastfeeding, with young children, or those with salicylate sensitivity.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

A critical mineral responsible for over 300 enzyme reactions, Magnesium is found in all of our tissues, but mainly in our bones, muscles, and brain. Magnesium is the second most abundant element inside human cells and the fourth most abundant positively charged ion in the human body.

A deficiency in this critical nutrient makes you twice as likely to die as other people, according to a study published in *The Journal of Intensive Care Medicine*. It also accounts for a long list of symptoms and diseases which are easily helped, and often cured, by adding this nutrient.

Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione. Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.

Early signs of Magnesium deficiency can include loss of appetite, nausea, vomiting, fatigue, and weakness. As Magnesium deficiency worsens additional symptoms may include numbness, tingling, muscle contractions, cramps, seizure, personality changes, abnormal heart rhythms, and coronary spasms. Habitually low intakes of magnesium induce changes in biochemical pathways that can increase the risk of illness over time.

With its role in regulating the thousands of biochemical reactions that occur on an ongoing basis, sufficient Magnesium is essential to achieving the delicate balance necessary to the body's function. The importance of Magnesium ions for life itself, as well as for overall vibrant health, is hard to overstate.

Pain Magnesium Lotion is designed for convenient, optimal topical absorption of magnesium, bypassing the GI tract with no unpleasant laxative effect. Pain Magnesium Lotion soothes sore muscles, cramps, fatigue, and stress. Pain's unique formulation includes essential oils, and it has a calming effect on both the body and mind.

## ingredient highlights

- Helichrysum is the first choice for its anti-hematoma properties, with the ability to reduce inflammation and assist vascular dilation, it is an excellent aid for circulatory issues. Like Geranium, it can stop bleeding quickly and promote quick and powerful wound healing. Helichrysum is particularly effective on broken or varicose veins as well as bruising and hematomas from injuries to the skin.
- Clove Bud has an impressive range of action against pathogens and illnesses of all kinds. Clove Bud is an excellent antiseptic, bactericide, and viricide.
- Rosemary ct. 1.8 cineole essential oil has the highest hydrogen content of any plant in the plant kingdom, which explains its strong, warming effect. Applied externally, Rosemary cineole essential oil assists the body with warmth and blood circulation.