

SLEEP

7500mg magnesium lotion

4 ounce

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Lavender Water (*Lavandula Angustifolia*), Magnesium Chloride (*Magnesium chloridum*), Organic Shea Butter (*Butyrospermum Parkii*), Organic Cocoa Butter (*Theobroma cacao*), Davana Essential Oil (*Artemisia pallens*), Lavender, fine Essential Oil (*Lavandula angustifolia*), Plumeria Essential Oil (*Plumeria obtusa*), Organic Chamomile Tea (*Matricaria recutita*), Organic Coconut Oil (*Cocos Nucifera*), Cedarwood, atlas Essential Oil (*Cedrus atlantica*), Yang Yang Complete Essential Oil (*Cananga odorata*), Organic Sugar Cane Alcohol (*Saccharum officinarum*), Champaca Essential Oil (*Magnolia champaca*), Organic Beeswax (*Cera alba*), Organic Lecithin, Organic Carnauba Wax (*Copernicia prunifera*), Organic Sunflower Oil (*Helianthus annuus*), Pink Tuberose Essential Oil (*Polianthes tuberosa*), Organic Coconut Fatty Acid (*Cocos Nucifera*), Organic Arrowroot Powder (*Maranta arundinacea*), Organic Aloe Vera Juice (*Aloe barbadensis*), Organic Calendula Oil (*Calendula officinalis*), Non-GMO Xanthan Gum, Organic Rosemary Leaf Extract (*Rosmarinus Officinalis*), Mixed Tocopherols (Vitamin E)

suggested use

Apply a small amount to thighs, neck, shoulders, and chest approximately 10-15 minutes before bedtime. 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.

*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.

Sleep Magnesium Lotion is designed for convenient, optimal topical absorption of magnesium, bypassing the GI tract with no unpleasant laxative effect.

Sleep Magnesium Lotion soothes the senses, promoting quality, restful sleep. Sleep's unique formulation includes essential oils, and it has a calming effect on both the body and mind.