



# Magnesium Gel Forte

**Magnesium Gel Forte** is a body lotion/gel containing Magnesium Chloride, fortified with MSM. Both minerals are excellent nutritional supplements which help ease pain.

1 teaspoon gel = approximately 5 grams which contains 1.2 grams of magnesium chloride. There is approximately 140mg of elemental magnesium in a regular teaspoon. The recommended daily intake of Elemental Magnesium is approx. 400 mg a day but taken orally may cause loose bowels.

Magnesium Gel Forte is perfect to use in massage to release tight muscles. Other conditions that respond to magnesium:

- Problem sleeping? apply before bed
- Restless legs
- Cramps
- Pain from arthritis or joint pain
- Anxiety
- Immune System
- Insulin Metabolism
- Headaches
- Eczema and Psoriasis (not on broken skin) apply around the area
- Blood pressure

This is a great way to increase Magnesium levels without taking oral supplements. Magnesium Chloride absorbs through the skin very easily, bypassing the digestive system, where diarrhoea can be a problem when taking oral supplements.

Magnesium Gel Forte is designed to work as a body lotion while delivering mineral benefits. One teaspoon (5 grams) contains 1.2 grams of Magnesium chloride, an excellent boost for your body. MSM is an anti inflammatory which is an even bigger help with pain control. Our famous Hyaluronic Acid is included for the luxurious hydration it provides. Organic Aloe Vera and rice bran oil are included for moisturising.

Magnesium Chloride is produced from pristine sea water after sodium chloride is removed. This is a natural mineral. WHO IS IT FOR: Most adults - sadly most adults are deficient in Magnesium

## HOW DO YOU USE IT:

Use as a lotion, ideally 1 teaspoon once (twice a day is even better) to clean skin. Apply to any painful areas or back of neck if you have headaches. To use the recommended amount apply to arms, legs, tummy and shoulders, it doesn't matter where. The soft areas of thighs and inner arms are perfect for transdermal applications.

Magnesium Chloride is best known as Transdermal Magnesium due to its ability to enter the body via the skin.

*I have recently been diagnosed with Ankylosing Spondylitis, which I have apparently had all my life. I have certainly had severe pain all my life getting worse as I got older. Magnesium Gell transdermally is one of the best products I use to ease muscle pain and spasm. I need other medical help but I carry Magnesium Gell roller with me wherever I go. I am so glad I found MisMo. - Beryl H*

*I've been using this magnesium gel for a few months now and feel it really helps my sciatica and night cramps. The roller really massages where the pain is worst. - Desley K*





## Magnesium Gel Forte

*Just thought I would drop you a line about your new product Magnesium Gel Forte. I had used magnesium oil in the past but found a couple of drawbacks. When I applied it to the rather damaged skin the back of my hands, it stung very severely (I likened it to jelly fish stings it was so intense at first). That abated in time but I found the feeling of stickiness/saltiness on my skin very unpleasant and I eventually stopped using it. I was disappointed, as I had researched the use of transdermal magnesium and I believed it could be very therapeutic.*

*So when I heard about your new product, I was immediately interested and included some in my recent order. By chance, the very next day (yesterday) when I woke I had an intense pain in my neck (no jokes here) and when I moved it went into incredibly painful spasm. I backed the car out with great difficulty but had to give up the idea of driving as I could not turn my head without bringing on a brain numbing spasm, so negotiating traffic was obviously not possible - and I was also feeling quite ill by this time and felt like weeping with the pain and frustration. Apart from the concern about what was going on in my neck, I began to panic about how I was going to cope with all I had to do over the next week or so. Thoughts of doctors, x-rays and physiotherapists were equally troubling.*

*However that very morning my Mismo parcel arrived. I grabbed the Magnesium Gel Forte and started to massage the painful areas in my neck; it hurt like heck but knowing the potential of the magnesium combined with the MSM I persevered. By the end of the day it was easing and by this morning it was substantially better. It is still painful but continuing to improve, and I can get on with things and drive again. I am confident the quick recovery and pain relief was promoted by the ingredients in the Mismo Gel. The consistency of the product also makes it very easy to massage into the affected areas, and to rub on my skin generally (unlike the magnesium oil). So thanks for this terrific product. I understand it has been a long while in development, but it was worth it. I'll be using this consistently from now on for general magnesium and MSM transdermal absorption and it will be great to have on hand for the type of emergency I have just experienced. - Kay Bowden*

*I have been using Magnesium Gel for at least a year and while I know that it has helped with the occasional cramps that I get I recently realised just how much!!!! I am 7 mths pregnant and have used Magnesium Gel religiously every night as I find more then anything it helps me sleep. I recently went away for a weekend without my Magnesium Gel so didn't use it for 3 nights in a row. I got the most painful cramps I have ever experienced in my life, they brought tears to my eyes. I realise this is part of pregnancy but did not expect this after only having had one minor cramp here or there so far in the pregnancy. It took about 3 nights of getting back into my Magnesium Gel routine before the cramps went away again. I will not be going anywhere without my Magnesium Gel again, thankyou MISMO!!!!!!!!!! - Nicole M*

*I am so completely in love with Mismo and all the products I have tried. I recently purchased the Magnesium Gel Forte and I love it. One thing about Mismo is the products do what they say! I suffer from restless leg and since using the Magnesium Gel Forte no more restless leg and I have lovely restful sleep. My body feels calm when I drift off to sleep, so thank you. Thanks again for the wonderful products and most of all for caring about people. - Sarah R*