

Spray Away Joint & Muscular Pain

Magnesium is essential for more than 300 cellular functions, but one of the most common mineral deficiencies. Due to poor absorption when taken orally; skin application of **Vitality Options Liquid Magnesium** is a more effective option.

Benefits of Magnesium

- Ease Arthritic and Fibromyalgia pain
 - Relief of aches, pains, spasms and muscular cramps
 - Restores muscle function and aids recovery
 - Aids safe and effective detoxification
 - Stress and anxiety reduction
 - Calms overactive nerves
 - Elevates moods and boost energy levels
 - Encourages healthy skin tissue regeneration
 - Supports a healthy immune system
 - Balances the hormonal system
 - Improves quality of sleep
- ...and much more**

Directions for Use

Spray directly onto problem areas including sports injury, muscular pain, arthritis, cramps, for immediate relief or spray the required amount into a cupped hand and apply to the problem area.

Precautions

Avoid eyes and mouth, broken skin and mucous membranes. A stinging sensation is normal; dilute with water to reduce this sensation if necessary. Check with your doctor before using if you have kidney disease.



Symptoms of Magnesium Deficiency

- Sleep Disorders
- Insomnia
- Fatigue
- High Blood Pressure
- Tensions of the body
- PMS
- Stones
- Bone Spurs
- Osteoporosis
- Muscle cramps
- Irregular heartbeat
- Backache
- Headache
- Irritability
- Chronic Fatigue Syndrome
- Depression
- Constipation
- Lack of mental activity
- Accelerated Ageing
- Eye and facial Tics LMR*
- Tourette syndrome LMR*
- Heavy Metal poisoning due to low magnesium levels
- Oxygen deprivation due to LMR
* (low magnesium relationship)



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