

Recovery Spray

A fusion of 6 natural ingredients scientifically combined for enhanced recovery!

Recovery Spray is a natural and light weight convenient spray made with made of a unique blend of ingredients and organic essential oils that work together to provide fast and effective relief to all forms of muscular aches, pains and injuries. Beneficial for sports recovery.

Magnesium: Vital for cellular health, reduces muscular aches and pains.

MSM: Reduces pain and inflammatory response, assists cellular byproducts and excess fluid release, supports new joint and muscle tissue development.

Arnica Montana: Reduces pain and stiffness in muscles and joints and reduces swelling.

Peppermint: Releases tight muscles, reduces muscle and nerve pain.

Eucalyptus: Provides an anti-inflammatory effect on muscle and joints and naturally induces an analgesic effect.

Ginger: Reduces joint pain and stiffness and reduces post exercise pain and reduces swelling.

HOW TO USE: Apply liberally to the required area for Natural Pain Relief. Repeat as required.

CONTAINS: 50% Magnesium Chloride hexahydrate. 2 sprays contains approximately 100mg elemental magnesium.

KEY INGREDIENTS AND WARNINGS.

Ingredients: Magnesium Chloride Hexahydrate, Aqua, Arnica, Methyl sulfonyl methane, Mentha arvensis, Zingiber officianalis, Eucalyptus globulus, Polysorbate

Warning: Sprays are not recommended for children under 12 due to the increased possibility of tingling. This tingle is the magnesium drawing into the skin.

If you experience the magnesium tingle apply after a shower whilst still wet until your body is use to absorbing. With continued use this itch will subside. Do not apply to broken or inflamed skin.

EVIDENCE: Chandrasekaran NC, Sanchez WY, Mohammed YH, Grice JE, Roberts MS, Barnard RT. Permeation of topically applied Magnesium ions through human skin is facilitated by hair follicles. Magnes Res 2016; 29(2): 35-42 doi:10.1684/mrh.2016.0402

ALL NATURAL
AND DRUG FREE
FORMULATION

6
NATURAL
INGREDIENTS



Available in 125ml, 250ml (spray)