



Magnesium Sleep Body Spray

A natural sleep aid, enhancing the bodies deep-sleep phase for improved sleep quality

Magnesium chloride – the most naturally pure and bioavailable form of magnesium known

Enhanced with lavender and chamomile

Relaxes tight and tired muscles



BetterYou Magnesium Sleep Body Spray combines magnesium chloride with lavender and chamomile, promoting deep relaxation, a sense of wellbeing and natural, peaceful sleep.

The science

Transdermal delivery (through the skin) is the most effective form of magnesium supplementation which means the effects of this vital mineral can be felt faster.

Magnesium is essential for a healthy body – a natural relaxant, it relieves muscle tension, joint stiffness and flexibility as well as aids skin health, calcium absorption and restful sleep.

Without magnesium our bodies are less supple, and deficiency is linked with many health implications including migraines, anxiety, depression and extreme fatigue.



Magnesium quality

BetterYou magnesium chloride comes from a natural source, deep inside the Earth's crust. It has been protected from man-made pollutants for over 250 million years, ensuring its quality and purity.

Ingredients

Aqua (water), magnesium chloride, glycerin, PEG-40 hydrogenated castor oil, phenoxyethanol, lavandula angustifolia (lavender) oil, anthemis nobilis (chamomile) flower oil, ethylhexylglycerin, hydrolyzed jojoba esters, linalool, limonene, geraniol.

Advisory information

The magnesium tingle: On initial application you may experience a slight tingling sensation. This is the result of the high speed absorption of BetterYou Magnesium Oil and can indicate a low level of cellular magnesium in the user. This will pass with regular use but, as absorption is immediate, skin can be rinsed or towelled off after massaging in.

For external use only; Avoid contact with eyes; Do not use on damaged or broken skin.

Supplements should not replace a healthy diet and exercise.

Keep out of reach and sight of children.

Planet-friendly product

The carton is made of material from well-managed, FSC®-certified forests and other controlled sources.

The bottle is made from plant-based Green Polyethylene (PE). This is plastic derived from a sugarcane source, the production of which is carbon negative.

This product is certified free from any palm oil and palm oil derivatives.



Magnesium content	
10 sprays	75mg

RRP	Product size	Case size	Dosage
£13.95	100ml	6	5-10 sprays

Magnesium Sleep Body Spray

A combination of magnesium and essential oils to aid restful sleep.

RRP

£13.95

Product size

100ml

Product dimensions (mm)

(L x W x D)

141 x 52 x 52

Suitable for

Suitable for ages 13 years and above

Safe to use during pregnancy and breastfeeding

Suitable for vegetarians and vegans

No contraindications

Guaranteed free from

Parabens

Preservatives

Synthetic colours & fragrances

Dermatologically tested



Developed in Britain

BetterYou