



**Natural Aid for Increased
Need of Magnesium**

COOL-X

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COOL-X Magnesium Cream Strong

The cream is effective and long-acting aid for the increased need of magnesium. Moisturizes and nourishes skin. Absorbs quickly and affects locally on the treated area.

Convenient as hand and foot cream. Continuous use supports the body's natural magnesium balance. Suitable for the whole family and can be used several times a day.

- Natural

- Safe

- Effective

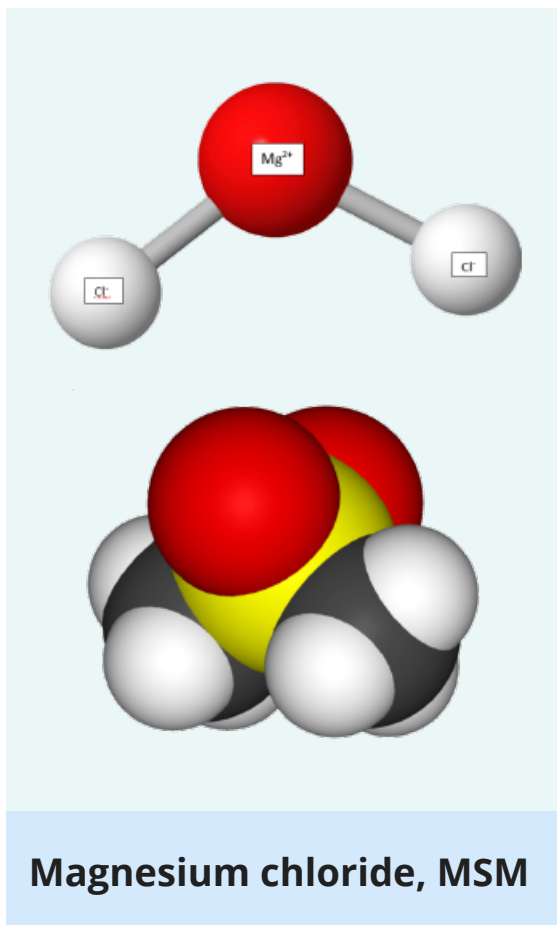
- Non-stainable



Benefits of local use on skin

- ⦿ Acts fast as it absorbs quickly
- ⦿ Can be applied directly to the area having cramps or muscle soreness
- ⦿ Does not cause stomach problems

Active ingredients : magnesium chloride, MSM



Magnesium content in the cream:

12 mg of magnesium / 1 g of cream.

It means that in 5 cm line of the cream there is 10 mg of magnesium.

The action of Magnesium Cream

- ⦿ The cream transports magnesium through the skin and magnesium is quickly transported forwards
- ⦿ Magnesium levels in cells rises
- ⦿ Magnesium in the cream absorbs most effectively through thin areas of the skin

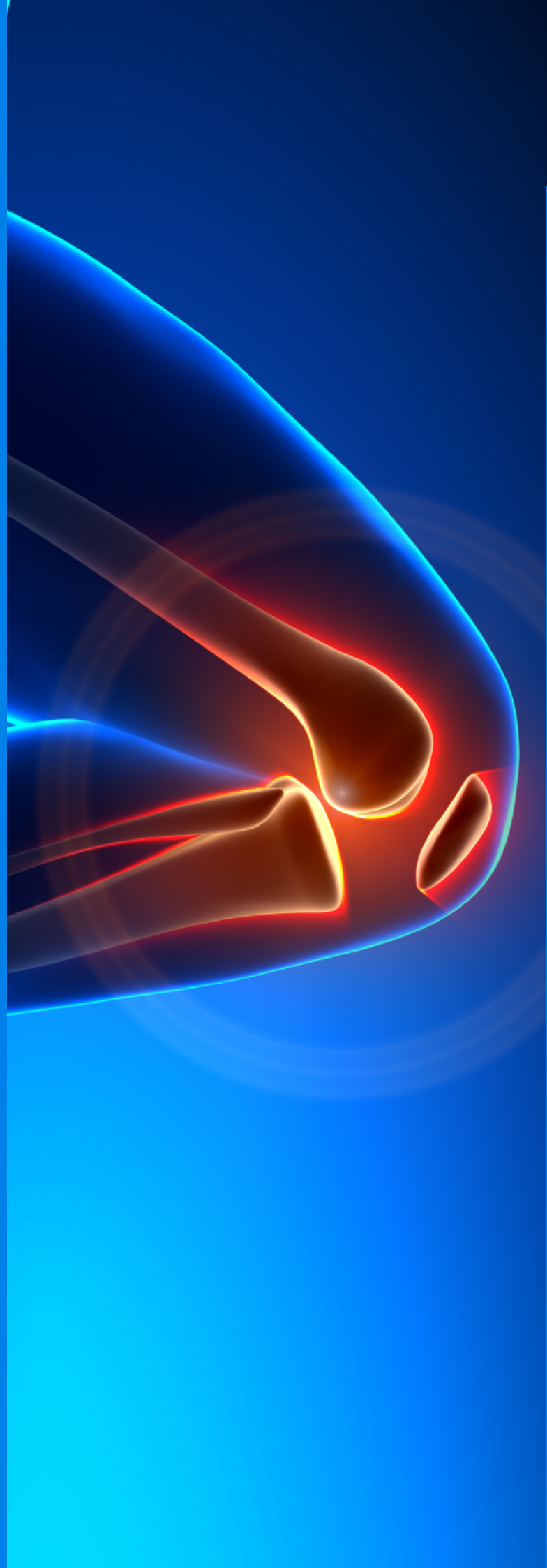
Ingredients

aqua
magnesium chloride
paraffinum liquidum
cetearyl alcohol, cetearyl glucoside,
glycerin
acacia senegal gum, xanthan gum
cocos nucifera (Coconut) oil,
tocopherol
phenoxyethanol
dimethyl sulphone (MSM)
parfum



Usage

- Dispense about 10 cm of cream on the area to be treated and rub lightly
- Repeat 2-3 times a day
- Avoid contact with eyes, mucous membranes and wounds
- Store out of reach of children
- For external use only



Frequently asked questions

Can pregnant or nursing woman use magnesium cream?

Yes, the product is safe to use during pregnancy and nursing

Is it better to use cream in mornings or evenings?

We suggest the use both in the mornings and evenings if you notice lack of magnesium in your body. To maintain normal magnesium level it is adequate to use the cream for example in the evenings.

How long can the magnesium cream be used?

There is no limit on the use of the cream since it contains only natural cosmetic compounds, MSM and magnesium.

Does magnesium absorb through the skin?

Yes, magnesium is quickly and efficiently absorbed through the skin with the aid of the cream.

Who needs magnesium?

All people need magnesium, but

- the need of magnesium is higher amongst active and sporty people
- the need of magnesium rises with the age

Are there any precautions for using transdermal magnesium?

The cream is very safe to use, that's why precautions are simple:

- avoid contact with eyes, mucous membranes and wounds
- store out of reach of children
- use only externally



General information on Magnesium

What is Magnesium Chloride, MgCl_2 ?

MgCl_2 is called a magnesium salt. It's a compound of mineral magnesium and an essential electrolyte, chloride. Magnesium is used in hundreds of processes across the body, and it is an essential mineral for health. It is needed for chemical reactions, promoting energy metabolism, protein synthesis, transmitting nerve signals, muscle function, and healthy DNA.

Chloride is found in all body fluids, and it is responsible for maintaining pH balance, transmitting nerve impulses, and regulating fluid balance in cells. Magnesium Chloride is popularly known as magnesium oil because it is viscous, and slippery, although it is not oil.

How Magnesium Affects in General?

- It supports the normal health and growth of muscles
- it maintains the health of bones
- it promotes energy metabolism
- it helps to maintain the fluid balance

Magnesium Deficiency in the Muscles May Cause Following Symptoms

- muscle cramps
- muscle stiffness
- muscle soreness
- muscle tiredness

The Effects of Magnesium

- natural relaxant
- soothes and relieves tired feet
- relieves muscle tension
- reduces muscle cramps, stiffness, and soreness
- has positive effect to joint mobility
- may help to fall asleep by calming down your legs
- binds to the NMDA receptors and inhibits calcium entering into nerve cells, that may reduce the calcium-induced pain sensation

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Manufacturer

Frescon Oy is the manufacturer of Cool-X Magnesium Cream. Frescon has focused on manufacturing well-being products, cosmetics and medical devices. Factory is located in Finland.

Our values -



The safety of our products is of paramount importance.
Our production methods ensure safe and skin-friendly products.



The quality of our products is guaranteed by our ISO 13485 certified quality system
which each of our employees is committed to adhere to.



We value pure nature, e.g. by utilizing renewable energy with our own solar thermal
collectors and considering the environmental impacts of all our processes.
Frescon Oy does not use any animal testing in its product development.



Most of our products have been issued the Key Flag symbol.
That means that the goods are manufactured in Finland.