

997

Health & Household > Vitamins, Minerals & Supplements > Minerals > Magnesium



Roll over image to zoom in

BetterYou Pure and Clean Magnesium Spray with Magnesium Chloride, 31% Concentration, 3.4 Fl Ounce (600 Sprays)

Visit the BETTERYOU Just As Nature Intended Store

★★★★☆ 150 ratings
| 3 answered questions

List Price: ~~\$19.95~~ Details
Price: **\$16.45** (\$4.84 / Fl Oz) Get Fast, Free Shipping with Amazon Prime & FREE Returns
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Available at a lower price from other sellers that may not offer free Prime shipping.

Brand	BETTERYOU Just As Nature Intended
Flavor	Unflavored
Material Type Free	Allergen free,paraben free
Product Benefits	Skin Health,Skin,Aching Muscles
Dosage Form	Spray

About this item

- **Magnesium Oil Spray:** Includes high concentration magnesium oil mineral spray that targets muscle stiffness, supports natural muscle recovery, and aids calcium absorption; 10 sprays deliver 200mg (57% NRV) of optimally absorbable elemental magnesium
- **Effective Magnesium Absorption:** A saturated solution of ancient seabed magnesium chloride, this magnesium chloride spray commences absorption immediately when massaged into the skin, helping to promote overall well being and natural relaxation
- **Ingredients:** Magnesium oil body spray includes concentrated solution of Zechstein Inside magnesium chloride hexahydrate (water, magnesium chloride hexahydrate – 31% concentration)
- **Directions:** Spray between five and ten sprays around the body and massage well into the skin to stimulate absorption; concentrate on joints, muscles, and areas of concern; apply 30 minutes before bedtime for a relaxing and restful night's sleep
- **Suitable For:** Vegans, vegetarians, pregnant and breastfeeding women, and people of all ages

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Qty: 1

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Return policy: Returnable until Jan 31, 2022

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Total price: \$47.66

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 ★★★★★ 6,
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Have a question?

Find answers in product info, Q&As, reviews

Product Description

Magnesium Oil Body Spray allows for targeted relief for aching muscles. It is a natural muscle relaxant that promotes calcium supplementation and absorption for strong bones. It provides fast, effective relief that commences immediately when massaged into the skin.

Moisturize and Hydrate Skin with Transdermal Magnesium

When magnesium is directly applied to the skin, bypasses the digestive tract, and ensures that it is quickly absorbed by the body. When used daily, this magnesium body spray will moisturize and hydrate skin to promote healthy glowing skin. It helps repair and replenish the skin while improving elasticity and overall skin health.

Directions for Application

For best results, apply after showering or bathing and make it a part of your daily routine. Spray on the body and massage well into the skin. Reapply whenever needed. It can be used all over the body, concentrating on joints, muscles, and areas of concern. Suitable for children and pregnant women.

Naturally Aids Restful Sleep

It has no contraindications to medications and is free from parabens, allergens, preservatives, synthetic colors, and flavors.

Naturally Relaxes Muscles and Supports Bone Health

Magnesium is nature's finest relaxant and has a calming effect on the entire body. It also supports bone health by helping the body absorb calcium.

Pure Source

Made from naturally sourced Zechstein magnesium chloride sourced from an ancient seabed and perfectly protected from man-made pollutants and heavy metals.

Never Tested on Animals

All BetterYou products are made with Ocean Waste plastic across the entire product range. Products are never tested on animals.



Magnesium Oil Body Spray

Magnesium Skin Body Lotion

Magnesium Flakes

Magnesium Sleep Body Lotion

Magnesium Sleep Body Lotion Junior

Size	3.4 fl oz / 600 sprays	6 fl oz	35 oz	6 fl oz	4.5 fl oz
Age Suitable For	all ages	all ages	all ages	13+ years	1+ years
Vegan	✓	✓	✓	✓	✓
Vegetarian	✓	✓	✓	✓	✓
Best For	supports and relaxes muscles	hydrated and glowing skin	pure relaxation and remineralization	sleep and relaxation	sleep and relaxation

Product details

Is Discontinued By Manufacturer : No
Product Dimensions : 6 x 5 x 4 inches; 3.53 Ounces
Item model number : 675447
Date First Available : November 5, 2009
Manufacturer : BetterYou
ASIN : B002VPDX4W
Best Sellers Rank: #84,459 in Health & Household (See Top 100 in Health & Household)
 #515 in Magnesium Mineral Supplements
Customer Reviews:
 ★★★★★ 150 ratings

Videos

Videos for this product

Videos for related products

0:21
 Magnesium Spray Video
 BetterYou - USA

0:11
 Magnesium Oil Spray - LARGE 8oz Size - EXTRA STRENGTH - 100%...
 Merchant Video

1:03
 Meet Swanson - About Swanson Health Products
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Important information

Indications

Magnesium also helps improve rest and recovery by contributing to a reduction in tiredness and fatigue, electrolyte balance and supports normal energy-yielding metabolism.

Ingredients

"Concentrated solution of Zechstein Inside® magnesium chloride hexahydrate (water, magnesium chloride hexahydrate – 31% concentration).

Directions

Spray between five and ten sprays around the body and massage well into the skin to stimulate absorption. After a shower or bath is a great time to apply as the skin is warm and the pores are open which aids absorption. Apply anywhere on the body avoiding delicate areas such as the eyes. Concentrate on joints, muscles and areas of concern. Reapply whenever needed.

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

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	<p>This item BetterYou Pure and Clean Magnesium Spray with Magnesium Chloride, 31% Concentration, 3.4 Fl Ounce (600 Sprays)</p> <p>Add to Cart</p>	<p>Pure Magnesium Oil Spray - Big 12 fl oz (Lasts 9 Months) - 100% Natural, USP Grade = No Unhealthy Trace Minerals - from an Ancient Underground Permian Seabed in USA - Free Ebook Included</p> <p>Add to Cart</p>	<p>Magnesium Oil Spray - Large 8oz Size - Extra Strength - 100% Pure for Less Sting - Less Itch - Natural Pain Relief & Sleep Aid - Essential Mineral Source - Made in USA</p> <p>Add to Cart</p>	<p>BetterYou Natural Sleep Aid Magnesium Sleep Spray with Zechstein Magnesium Chloride and Essential Oils, 28% Concentration, 3.4 Fl Ounce (600 Sprays)</p> <p>Add to Cart</p>
Customer Rating	★★★★☆ (150)	★★★★☆ (9462)	★★★★☆ (6308)	★★★★☆ (78)
Price	\$16 ⁴⁵	\$16 ⁹⁵	\$9 ⁹⁷	\$16 ¹⁶
Sold By	BetterYou - USA	Seven Minerals	JR Solutions, LLC	Acrossthepond - Shipped from UK
Brand Name	BETTERYOU Just As Nature Intended	Seven Minerals	Essentially Based	BETTERYOU Just As Nature Intended
Size	3.38 Fl Oz (Pack of 1)	12 Fl Oz (Pack of 1)	8 Ounce (Pack of 1)	3.38 Fl Oz (Pack of 1)

Products related to this item

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★★★★☆ 368
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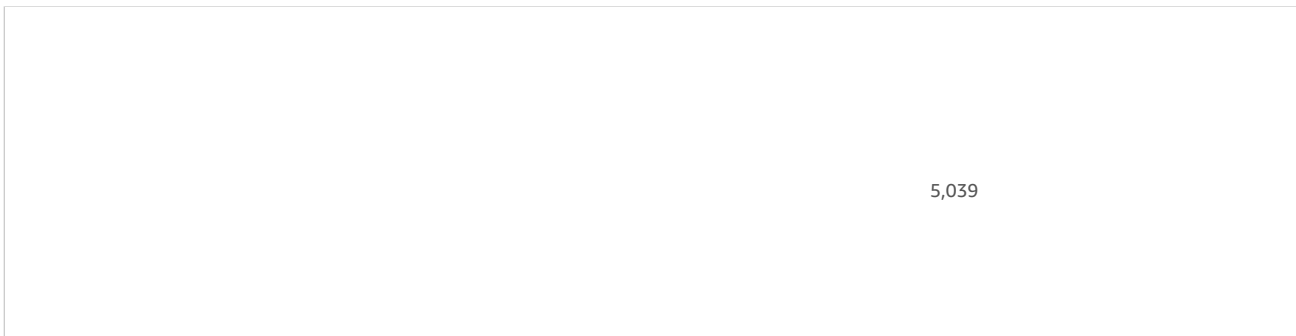
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★★★★☆ 9,
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Customer reviews

★★★★☆ 4.3 out of 5

150 global ratings



How are ratings calculated?

1,891

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Top reviews from the United States

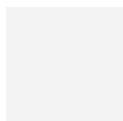
Joy Alvarenga

★★★★☆ **GOOD product but need to REAPPLY OFTEN!**

Reviewed in the United States on October 11, 2020

Verified Purchase

Broke my tibia on Sept 10th. Almost 5 weeks post op and my knee feels super tight (that's where they inserted the rod in my bone via surgery)! Was told this was good for tense muscles and to help you relax before bed. I'll admit it does help relax the tension in my knee and I feel like I can actually bend it after I apply but you need to reapply often. I apply at bedtime but I wake up with my knee locked so I rub more in about 2 times throughout the night...good product for the price and it does help but I wish it lasted just a bit longer.



3 people found this helpful

Helpful | Report abuse

Bre Knapic

★★★★☆ **Not what I expected**

Reviewed in the United States on September 17, 2021

Verified Purchase

I was excited for a spray so I could just spray this on and move along, but it doesn't really work. The spray doesn't absorb into your skin so it sits on the top and dripping down. You have to use your hand to rub it in. It also stings.

Helpful | Report abuse

Ralph Jackson

★★★★☆ **itchy feeling**

Reviewed in the United States on May 8, 2021

Verified Purchase

This didn't work for me because it made my skin feel creepy immediately and within a few minutes the skin was itchy. I could not stand to leave it on for even 10 minutes.

One person found this helpful

Helpful | Report abuse

carla t. padilla

★★★★☆ **Love It!**

Reviewed in the United States on June 27, 2015

Verified Purchase

I have read so many articles of the symptoms of magnesium deficiency; so I wanted to get the recommended daily allowance without having to throw more food in my diet. I love that I can get my magnesium by NOT swallowing a pill. The first time I put it on I put a couple of sprays in the same area. It felt itchy. Now I spray it in different places and don't feel the itch.

6 people found this helpful

Helpful | Report abuse

Chrissy L

★★★★☆ **Good product for RLS**

Reviewed in the United States on August 26, 2021

Verified Purchase

Just like others have said, it does burn when sprayed onto skin. It has helped to calm restless legs though. It does seem to have a heating effect when massaged into the legs. I'll take these minor side effects over not sleeping because of RLS.

Helpful | Report abuse

Kandee

★★★★☆ **Fast shipping sticky product.**

Reviewed in the United States on June 14, 2020

Verified Purchase

I liked the fast shipping. I also like the packaging. I did not like the stickiness of the product. And it would be nice if it was one that you didn't have to wash off after 30 minutes or so.

Helpful

| Report abuse



MichaelaBrashers

★★★★★ Astonished

Reviewed in the United States on April 12, 2021

Verified Purchase

I have been struggling with runners knee for several days and I sprayed this and rubbed in and within 10 mins I was free of the sharp pain. Astonished.

Helpful

| Report abuse



Michelle

★★★★★ Burns

Reviewed in the United States on February 2, 2019

Verified Purchase

WAs directed to this exact product for RLS... when i apply it burns terribly!

2 people found this helpful

Helpful

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Gilly Mac

★☆☆☆☆ Dreadful Reaction!

Reviewed in the United Kingdom on March 11, 2019

Verified Purchase

Bought due to chronic persistent pain from the waist down. The 1st time I used this I felt the "tingle." It alleviated the pain significantly for 2hours. However, I put it on again before bed and was woken hours later by very intense, uncomfortable itching. After showering & applying a 3rd time the next day, IMMEDIATELY, such an unbearable, burning sensation began (not a "tingle", more like death by a thousand icicles) so pervasive I was compelled to scratch my legs to the point of causing large red welts & bruising before managing to get back under water & scrub it off as thoroughly as possible. Wouldn't dare apply again & this is from someone often in desperate pain! The seller couldn't have cared less about my distress & said nothing but suggest I return it (at my own cost.) Will be taking this further.

70 people found this helpful

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Amazon Customer

★★★★★ My experience so far...

Reviewed in the United Kingdom on April 12, 2019

Verified Purchase

I suffer with fibromyalgia. Some days I wake up feeling like 150 years old and very stiff. And some days the stiffness last all day so decided to have a go on this. In terms of consistency if it is a very liquidy oil so spray carefully. I found that does sting in places, not to painful for me but more to the itchy side of stinging. Leaves a weird feeling in my skin... I could better describe as dry sweat feeling, which is not very comfortable. But regarding to the why I sprayed this on me, it does relieve the pain. In the morning I did feel a huge difference on my stiffness and pain. I would recommend and will get another bottle when this finishes. Overall happy with the results.

49 people found this helpful

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Natalie Flynn

★☆☆☆☆ Stings a bit !

Reviewed in the United Kingdom on January 3, 2019

Verified Purchase

I bought this product because i sometimes suffer from restless legs - that drives me nuts especially in the evenings. I am almost 50 but an active lady with it. I was looking for the the same product i bought last time - a purple writing product (cant remember the name) but got this instead as i couldnt find it. I sprayed a couple of squirts onto my legs and within 10 mins OMG! talk about stings...i just could not bear it so had to go wash it off. This clearly states that this may happen but crickey! The other one i got was clearly not as powerful as this stuff. I now use it mixed into a cream first then apply. But not too much of it. I may return to the other product that has lavender sleepy stuff in it, and ditch this! I obviously have sensitive skin

38 people found this helpful

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Dva

★★★★★ Shower and apply at night in small doses first.

Reviewed in the United Kingdom on May 7, 2019

Verified Purchase

Very good indeed. After showering I applied 5 sprays on different areas of the body. I didn't feel a tingle as I take magnesium during the day. By the time I was in bed I was very relaxed. The next few nights I applied 8, 10 and 15 respectively each time after showering. It had the same effect.

I'm terrible for sleep but this helped not only to get to sleep, but to stay asleep.

34 people found this helpful

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G. Barber

★★★★★ No side effects great benefits

Reviewed in the United Kingdom on November 1, 2019

Verified Purchase

I was a bit dubious about buying this for my 14 year old daughter who is an athlete and who is currently having pains in her knees due to a rapid succession of growth spurts, especially having read the reviews about how much it stings and the different reactions and side effects some people have, so having first had both knees scanned to make sure nothing more untoward was going on with her I decided to get the sensitive version of this first and used that a few times throughout the day, and when I saw there was no adverse reactions, we moved onto the full strength one the next day. I found the best way to apply this was to spray it into my hands and then massage it into her knees, I'm really pleased with the results, really beneficial and the pains are already subsiding with no adverse side effects whatsoever, I thought it would be worse for her as she is young and sometimes young skin can be a lot more sensitive sometimes, but she was fine with no stinging or itching, and I would recommend this product.

17 people found this helpful

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1,891

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