

EASE

NATURALLY RELAXING MAGNESIUM

OWNER'S HANDBOOK

How to use — and benefit from —
your EASE Magnesium.

ACTIVATION



INTRODUCTION

First, a heartfelt thank you for your purchase of EASE Magnesium!

You've made the wise decision to commit to a path of relief from aches, pains and stress.

This brief report is your EASE owner's handbook.

In the following pages you'll discover:

- **general use instructions**
- **five EASE custom relief tips**
- **some of the the most frequently asked questions about EASE**
- **customer success stories from people like you**

If you need to replenish your supply of EASE, [simply click this link](https://shop.activationproducts.com/products/ease-magnesium)
<https://shop.activationproducts.com/products/ease-magnesium>
It'll take you straight to the EASE catalogue page where you can stock up right away.



GENERAL USE

The recommended daily dose of EASE Magnesium is 30-50 sprays — this is not a product you can overdose on, so you can experiment with taking more to see what works for you.

We highly recommend using the product right after a hot shower: towel dry, spray it on and rub it in. Your skin will absorb the magnesium within 90 seconds.

Each spray delivers approximately 25 mg of magnesium, straight to your bloodstream.

Effective any time, day or night...

To address specific aches and pains: Spray directly onto your body or spray on your hands first and rub it in wherever it's needed — directly onto cramping and stiff muscles or joints as needed. Use liberally for quick relief.

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For full-body restoration: Spray all over your body. If you wish, you can focus on the following key areas:

- lower abdomen
- fronts of shoulders and hips
- lower back
- insides of lower legs
- inner wrists
- center of chest
- backs of knees
- ankles



EASE CUSTOM RELIEF TIPS

You can customize your Ease Magnesium experience by trying a few of these 5 tips...

TIP #1:

Use at bedtime for a deeper, more restorative night's sleep.

TIP #2:

Use after a workout to speed up recovery and reduce muscle soreness.

TIP #3:

Use after a long day's work to spray away stress.

TIP #4:

Use first thing in the morning to alleviate overnight joint stiffness.

TIP #5:

Use on a coffee break to energize your day, reduce stress and stay focused.



10 BENEFITS OF EASE MAGNESIUM

There are so many benefits that come from using EASE. Here are our top 10. [EASE Magnesium...](#)

1. Helps you get deeper, more restorative sleep.
2. Soothes muscle pain, alleviating spasms and cramps.
3. Restores moisture to your skin and encourages thick, healthy hair growth.
4. Prevents calcification and strengthens bones.
5. Boosts energy by breaking down glucose into a useable fuel source.
6. Helps ease stress and anxiety by regulating your nervous system.
7. Promotes heart health by helping maintain healthy blood circulation and balancing blood pressure.
8. Accelerates cognitive function and encourages mental clarity.
9. Prevents and eliminates headaches.
10. Soothes excess inflammation and decreases joint pain.



FREQUENTLY ASKED QUESTIONS

What makes EASE different from other magnesium topicals?

EASE is made with 'intelligent' magnesium chloride hexahydrate (iMCH™), a superior version of basic magnesium chloride.

MCH is much easier for your body to absorb. This is evident when you put MCH and simple magnesium chloride in open containers side by side. MCH will actually absorb water from the ambient air and melt into a pool of water. This is because the hexahydrate part (which is six water molecules attached to each magnesium chloride group) attracts water to itself. By contrast, magnesium chloride will not dissolve if exposed to open air.

When our product contacts your skin, the same thing happens, though much more quickly because of the high water content of the human body. You absorb MCH much more easily than simple magnesium chloride.

We wanted our product to provide the most powerful and effective benefits that you could expect from a magnesium supplement. Using higher quality magnesium can provide greater health benefits, faster absorption and less irritation than a product made with inferior magnesium.

What are the ingredients?

EASE Magnesium is a water-based product. The only ingredients in the product are pharmaceutical-grade magnesium chloride hexahydrate and pure H₂O.



Can you overdose on EASE Magnesium?

You cannot overdose on magnesium if taken TOPICALLY as EASE is designed to be administered. The recommended dose is 30-40 sprays per day. When taken orally, magnesium can cause digestive upset and loose stools if you take too much. Because EASE enters your bloodstream through your skin it bypasses your digestive system. It might be helpful to note that we take in magnesium and our bodies marry it with calcium so that it can be used and burned. You can use more of the product to help build up reserves of it.

Are there any detoxing effects with EASE Magnesium?

Some people find that when they first begin supplementing with magnesium they experience certain detox effects. We have had reports of restlessness or increased energy. If your calcium levels are high, supplementing with magnesium can cause the calcium to be released into your bloodstream, leading to high calcium symptoms (insomnia, muscle pain/spasms, etc). Once your system balances out, this should subside. You can try reducing the number of sprays while your body is getting into balance to see if that helps.

Is it necessary to take a calcium supplement when using EASE?

No, it's not necessary to take a calcium supplement when using EASE. It's always a good idea to consult with your licensed health care professional before starting on any supplement or dietary program. If you are already taking a calcium supplement, there is no reason to stop doing so unless your healthcare provider recommends it.

FAQs

EASE is made with magnesium from the Dead Sea. Isn't the Dead Sea polluted?

The Dead Sea is visited daily by people seeking the health benefits of soaking in the concentrated minerals in that body of water. Many minerals other than magnesium are also harvested from its rich waters and used with great effect.

The magnesium we use has gone through extensive purification processes to create a very specific crystalline form of magnesium chloride hexahydrate, completely free of all pollutants, heavy metals, toxins and even other minerals. This is very important, because the raw material we use is also used by companies that create injectable products. Under no circumstances can a magnesium injection be permitted to have contaminants. This is what is known as 'pharmaceutical grade' magnesium. Our final formulation is absolutely pure, perfectly safe and healthful for your body.

How long do I have to wait before I feel EASE working?

Unlike other supplements, EASE begins working almost immediately. Within minutes of spraying it on your skin, you'll begin to feel its powerful soothing effect. Using EASE consistently on a daily basis will reverse your deficiency over time.

FAQs

What makes EASE the highest quality magnesium supplement on the market?

EASE is made from pure, all natural iMCH™ sourced from the Dead Sea. It's some of the most effective, most bioavailable magnesium in the world. iMCH™ is the most biocompatible version of magnesium because of its ability to be quickly absorbed transdermally (through the skin) and used by your cells.

Since your skin is your biggest organ, it allows for the highest level of absorption without taxing your digestive system, liver or kidneys.

Oral magnesium supplements are poorly absorbed and can wreak havoc on your gut, often doing more harm than good. They also take longer to take effect.

How is EASE different from Ancient Minerals magnesium oil and flakes or Health and Wisdom magnesium crystals?

While we do not make comparison claims with similar products on the market, we do stand 100% behind our EASE Magnesium and its proven benefits. Here are the top 3 reasons why EASE Magnesium™ is the only magnesium to use:

- The only ingredients in EASE are pharmaceutical grade magnesium chloride hexahydrate derived using a critical extraction method from Dead Sea minerals, and pure water.
- We have an exclusive method of transforming the raw material into a fully saturated fluid form that is instantly absorbed through your skin on contact, leaving no greasy, slimy or itchy residue behind.
- EASE is completely free of heavy metals, environmental toxins and any other contamination. It is perfectly safe for anyone at any age to use.



EASE RELIEF SUCCESS STORIES

We're Dancing 2 Nights a Week Again!

"I have degenerated discs in my neck. These have caused the muscles on both sides to be so tight that I can't turn my head to either side and I have been in excruciating pain for nearly 2 years. I have been to physical therapy and massage therapy. I have taken ibuprofen every day. My doctor referred me to a neurosurgeon. I don't believe in cortisone shots, but actually considered them. My husband and I had to stop dancing because of the pain. Then, I got an email from WellnessMama.com. It contained a link to this product. I watched the video and ordered one bottle. I saw results within 10 days! I spray it on my neck about 3 times a day and I carry a small spray bottle in my purse. I am on my second bottle and I am in absolutely no pain! I haven't been for a massage in a month and we are dancing 2 nights a week again! I truly cannot believe the difference. It is truly a blessing. I wish everyone could experience this!"

-Brenda V.

Sleeping Like a Baby!

"EASE works GREAT!! Started getting excellent sleep the second night and I only use half the recommended amount but I also put it on my carotid artery and whole neck as well as the pulse points on my wrists. Thanks for some great products."

-Jeff D.

Saved My Sanity... and My Job!

"I ordered your Ease magnesium product about 3 weeks ago. I received it in 2 days and found that great as I was anticipating this product very much. I have been in pain for the last 2 1/2 to 3 years. After 3 hip surgeries on my left hip I was experiencing so much pain I have had the talk with my wife and doctor that I may have to go on disability. Then I heard about your product from an associate and ordered. Within 2 days the excruciating pain was non existent. I couldn't believe it. I have been applying it just like the directions say and more on the problem area. I owe my sanity and job to this product. I was not going to go to a pain relief specialist as once you go down that route it is drugs and giving up your life to doctors. Acupuncture and bio puncture were not working either. Thank you Mr. Clark for the tutelage from the videos. My co-workers have noticed that I walk more like a regular person not one limping around in pain."

-Michael

A Miracle in a Bottle?

"EASE is a miracle in a bottle. It has eased my restless legs and has provided me with much relief from general aches and pains throughout the day and especially at night. IT TRULY WORKS!! A huge thank you to Activation Products. I will never be without this product and have already bought it for family and friends."

-Sue

EASE RELIEF SUCCESS STORIES

Spider Veins Be Gone!

"EASE has helped 2 things that I had no idea it might help. One was that it has helped deflate a ganglion cyst on the top of my foot. That's pretty amazing since last year I'd had it drained 3 times, wrapped and compressed, to no effect. The other thing EASE has done was vastly diminish a cluster of spider veins on the back of my knee. The cluster is not gone, but it's about 2/3s the size it was before! Thank you!"

-Karen P.

She Cried Tears of Relief When...

"I have a lot of fibromyalgia pain. And I mean A LOT! I have pretty much everything that goes along with that...brain fog, trouble sleeping, etc. I do not like to take prescription pills because they do not react well with my body. I have searched for the answer to this pain issue. Three days ago, I received the bottle of EASE spray I ordered and used it as directed. Within minutes, the pain was GONE. Pain in my arms, legs, hips, shoulders and knees. I couldn't believe it. I was happy but even sitting there, about to go to bed, I was incredibly skeptical...this must be a fluke, a placebo effect, intense wishful thinking. I got sleepy (I have to take sleeping pills to sleep and this was NOT that kind of sleepy). I realized I was about to fall asleep, way before I normally would. WOW!

The next night, I did the same. I laid down and experienced something that I have not experienced in the 7 years since I have had fibro. My muscles suddenly untensed. MY MUSCLES RELAXED! Yes, I am screaming because this was nothing short of a miracle. Today when I told someone about my muscles relaxing, I started to cry. I am so grateful to feel that way again.

Application is easy. There is truly no greasy feeling. It is light and even a bit refreshing when applied. I still can't believe that this is so effective but it is. I recommended it to two friends already, one of which tried it last night and guess what...she had the same experience as I did!

Thank you for an amazing product. After only three days of use, I am already thinking that this must be available for the rest of my life!

I would not normally share such personal information but I am so grateful for this product that I promised myself that I would share my experience with anyone who could benefit from it."

-Ellie J.

THANK YOU!

Thank you again for grabbing your bottle of EASE Magnesium.

Don't think of this as just another purchase.

It's not.

It's an investment in your long-term health.

I can't wait for you to start feeling the rewards that come from nourishing your body with this uniquely powerful supplement.

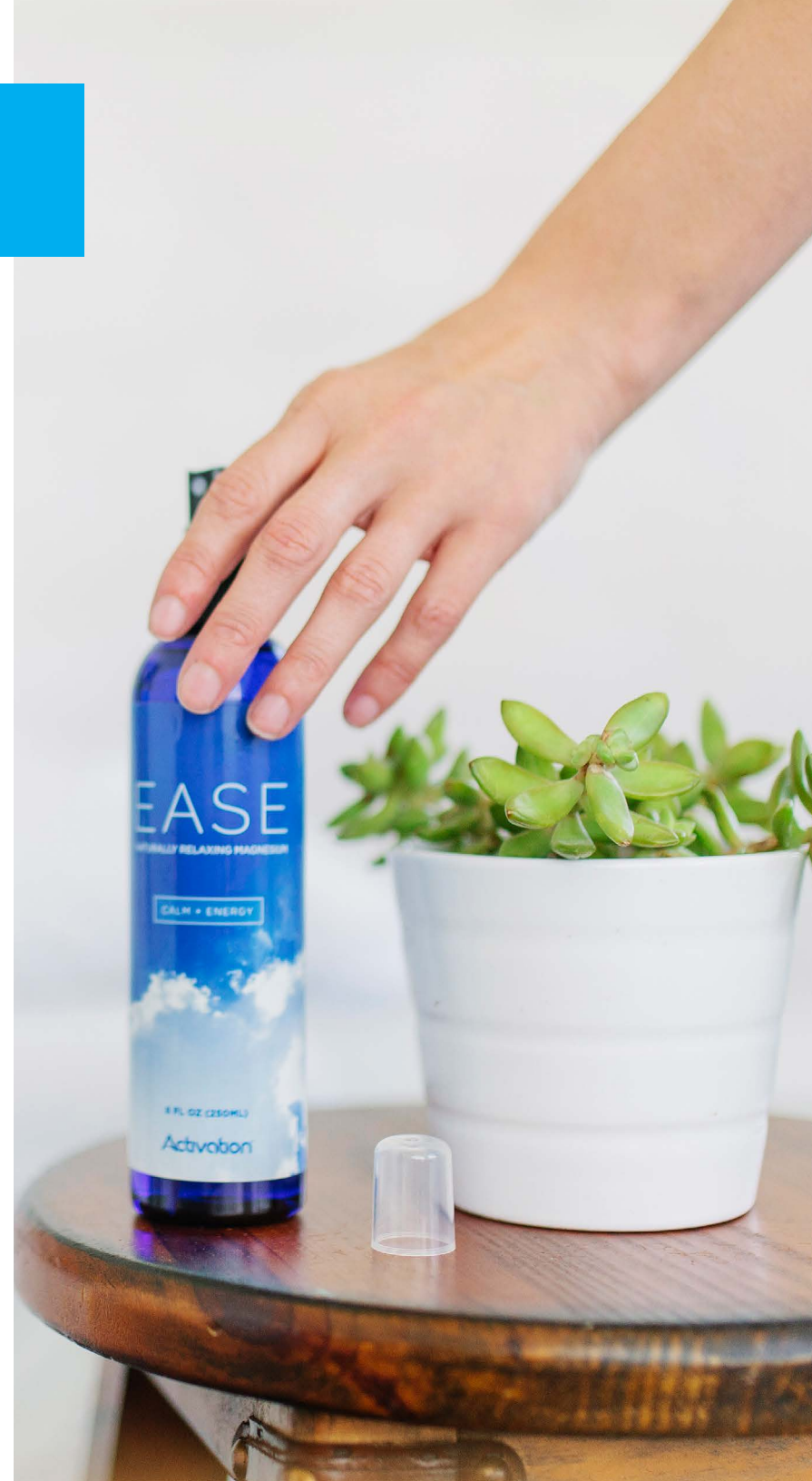
All I ask is that you don't forget to use it every day.

Do that and you'll be amazed by how great you feel.

If you have any more questions, we have people waiting by the phone to answer them.

Don't hesitate to call.

Questions? Call Us.
1-866-271-7595



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