

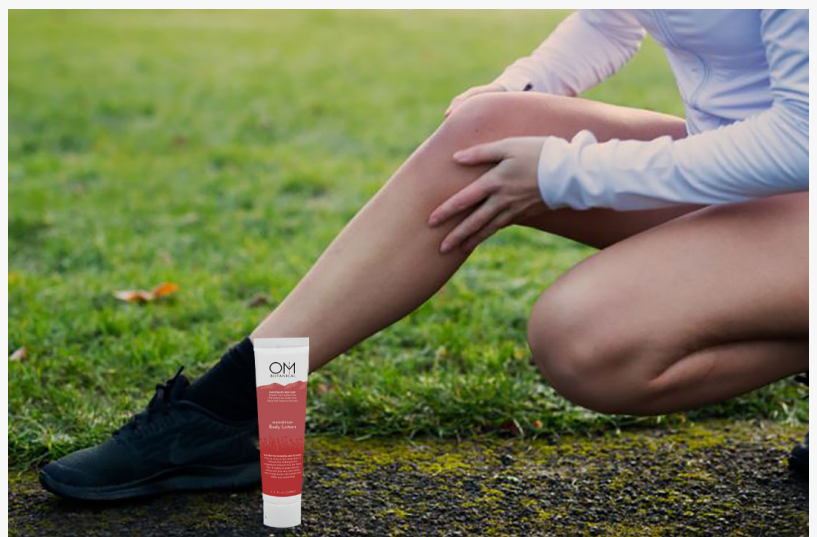
# OM Botanical Magnesium Body Lotion: A Breakthrough Supporting Over 300 Neuromuscular Functions

*Unveiling the Therapeutic Benefits of Transdermal Magnesium: A Comprehensive Review Backed by Scientific Research*

RALEIGH, NC, UNITED STATES, April 11, 2024 /EINPresswire.com/ -- In the realm of wellness and health, introduction of [Magnesium Body Lotion](#) by OM Botanical has been groundbreaking: This innovative lotion harnesses the therapeutic power of magnesium to support over 300 neuromuscular functions within the body. Let's delve into the intricate science behind [OM Botanical Magnesium Lotion](#), elucidating its formulation, mechanism of action, and potential therapeutic applications.

**Understanding Magnesium:** Magnesium, an essential mineral, serves as a cofactor in numerous enzymatic reactions critical for optimal physiological function. It plays a pivotal role in muscle function, nerve transmission, and bone health. Additionally, it aids in energy metabolism, protein synthesis, and DNA replication.

Despite its significance, studies indicate that a substantial portion of the population may be deficient in magnesium due to various factors including inadequate dietary intake, chronic stress, and certain medical conditions. "Magnesium also aids in detoxification" says Sudhir Shah, chief scientist at OM Botanical. "since we are exposed to so many



environmental and food toxins, our body is constantly flushing it out”.

### Transdermal Magnesium Absorption:

Transdermal magnesium application offers a novel approach to addressing magnesium deficiency by bypassing the gastrointestinal tract and facilitating direct absorption through the skin. OM Botanical Magnesium Body Lotion is formulated with carefully selected ingredients to enhance magnesium absorption and promote its therapeutic effects. Unlike other transdermal magnesium products in the market that cause stinging, itching and other discomfort due to synthetic magnesium, OM Botanical's all natural magnesium chloride derived from the dead sea, is free of those irritations and side effects.

### Key Ingredients and Formulation:

#### 1. Magnesium Chloride:

- OM Botanical Magnesium Body Lotion contains a highly bioavailable form of magnesium chloride derived from the dead sea, ensuring rapid absorption and utilization by the body. Our dead sea magnesium exhibits superior transdermal absorption properties compared to other magnesium compounds, making it an ideal choice for topical application.

#### 2. Organic Botanical Extracts:

- Complementing the dead sea magnesium chloride, OM Botanical Magnesium Lotion incorporates organic botanical extracts renowned for their skin-nourishing and soothing properties. These botanicals synergistically enhance the efficacy and tolerability of the lotion, making it suitable for individuals with sensitive skin.

#### 3. Essential Oils:

- To further enhance the therapeutic benefits of the lotion, OM Botanical incorporates carefully selected essential oils known for their calming and rejuvenating effects. These oils not only impart a pleasant aroma but also contribute to the overall efficacy and sensory experience of the product.

### Mechanism of Action:

OM Botanical Magnesium Body Lotion exerts its therapeutic effects through multiple mechanisms, including:

#### 1. Muscle Relaxation:

- Magnesium plays a crucial role in regulating muscle contraction and relaxation by modulating calcium ion influx and intracellular signaling pathways. Transdermal magnesium application via OM Botanical Magnesium Lotion promotes muscle relaxation, alleviating tension, cramps, and stiffness.

#### 2. Nervous System Modulation:

- Magnesium acts as a natural NMDA receptor antagonist, exerting an inhibitory effect on excitatory neurotransmission. By modulating neuronal activity and neurotransmitter release, transdermal magnesium supplementation may help reduce symptoms of anxiety, stress, and insomnia.

### 3. Energy Metabolism:

- As a cofactor for ATP synthesis, magnesium is essential for cellular energy production and metabolism. OM Botanical Magnesium Lotion supports optimal energy metabolism within muscle cells, enhancing endurance, performance, and recovery.

### 4. Calcium Homeostasis:

- Magnesium regulates calcium homeostasis by antagonizing calcium channels and promoting calcium efflux from cells. By maintaining a balanced ratio of magnesium to calcium, OM Botanical Magnesium Lotion supports musculoskeletal health and prevents calcium-induced cellular dysfunction.

## Therapeutic Applications:

OM Botanical Magnesium Lotion offers a myriad of therapeutic applications, including:

### 1. Muscle Pain and Tension Relief:

- Whether it's post-exercise soreness, chronic muscle tension, or menstrual cramps, OM Botanical Magnesium Lotion provides targeted relief by promoting muscle relaxation and alleviating pain.

### 2. [Stress Reduction and Relaxation](#):

- The calming effects of magnesium on the nervous system make OM Botanical Magnesium Lotion an effective tool for stress management, relaxation, and promoting restful sleep.

### 3. Athletic Performance Enhancement:

- Athletes and fitness enthusiasts can benefit from OM Botanical Magnesium Lotion's ability to support muscle function, energy metabolism, and recovery, thereby enhancing performance and reducing the risk of injury.

### 4. Neuromuscular Health Maintenance:

- By supporting over 300 neuromuscular functions, OM Botanical Magnesium Lotion contributes to overall health and vitality, promoting optimal function of the nervous system, muscles, and cardiovascular system.

## Scientific Evidence Supporting Transdermal Magnesium:

1. A randomized controlled trial published in the Journal of Integrative Medicine found that transdermal magnesium chloride application significantly improved symptoms of fibromyalgia, including pain, tenderness, and fatigue, compared to a placebo group.

2. A systematic review and meta-analysis published in the European Journal of Clinical Pharmacology concluded that transdermal magnesium therapy was effective in reducing muscle pain and cramps in individuals with magnesium deficiency or muscle disorders.
3. A pilot study published in the Journal of Research in Medical Sciences reported that transdermal magnesium supplementation via magnesium oil baths improved sleep quality and reduced symptoms of depression and anxiety in elderly participants.
4. A clinical trial published in the American Journal of Epidemiology found an inverse association between dietary magnesium intake and the risk of cardiovascular disease mortality, highlighting the importance of magnesium in cardiovascular health.
5. A review article published in the Journal of Cosmetic Dermatology highlighted the potential of transdermal magnesium in managing various skin conditions, including acne, eczema, and wound healing, owing to its anti-inflammatory and antioxidant properties.

Conclusion:

OM Botanical Magnesium Lotion represents a groundbreaking advancement in transdermal magnesium supplementation, offering a convenient and effective solution for addressing magnesium deficiency and promoting neuromuscular health. Formulated with high-quality ingredients and backed by scientific research, this innovative lotion embodies the intersection of nature and science, providing tangible benefits for individuals seeking to optimize their well-being.

For more information about OM Botanical Magnesium Body Lotion and its therapeutic benefits, please visit <https://ombotanical.com>

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