



Prices Effective January 1, 2017
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Order Total **Shipping**
 Up to 20.00 \$ 8.00
 20.00 - 55.00 \$12.00
 OVER \$55.00 **FREE!**

Item	Item #	MSRP
Magnesium Oil USP		
1 oz Drops (Glass)	522001	7.10
2 oz	522002	8.78
4 oz Flip Top - Sprayer Available	522004	11.84
4 oz Dropper Tip	522003	11.84
12 oz Flip Top - Sprayer Available	522012	20.96
16 oz Flip Top - Sprayer Available	522016	23.06
64 oz - Pump Available	522064	59.00
1 Gal - Pump Available	522128	95.00
Magnesium Oil USP with Aloe Vera		
2 oz	521002	8.94
4 oz Flip Top - Sprayer Available	521004	12.36
12 oz Flip Top - Sprayer Available	521012	21.64
64 oz - Pump Available	521064	60.00
1 Gal - Pump Available	521128	97.00
Magnesium Gel with Seaweed Extract		
2 oz	507002	8.64
4 oz Flip Top	507004	13.62
12 oz Flip Top	507012	20.76
64 oz - Pump Available	507064	61.00
1 Gal - Pump Available	507128	98.00
Magnesium Gel plus Aloe Vera		
2 oz	511002	9.06
4 oz Flip Top	511004	13.94
12 oz Flip Top	511012	22.58
64 oz - Pump Available	511064	64.00
1 Gal - Pump Available	511128	99.00
Aloe Vera - Whole Leaf, Certified Organic		
12 oz Flip Top	541012	16.00
1 Gal - Pump Available	541128	65.00
Extreme Aloe Gel™ - Whole Leaf		
4 oz Flip Top	542004	11.50
12 oz Flip Top	542012	17.81
1 Gal - Pump Available	542128	68.00

Item	Item #	MSRP
Sprayers & Pumps		
Sprayer for 4 oz	513004	3.30
Sprayer for 12 oz	513012	3.30
Sprayer for 16 oz	513016	3.30
1 oz Pump 64 oz	513064	6.90
1 oz Pump 1 Gal	513010	6.90



Item	Item #	MSRP
Magnesium Bath Crystals		
75 gms Trial	519075	4.74
3/4 lbs Up to 6 baths	519341	16.28
1.75 lbs Up to 14 baths	519795	26.78
5.5 lbs Up to 45 baths	519005	63.00
14 lbs Up to 113 baths	519014	145.00
35 lbs Up to 284 baths	519035	342.00
Magnesium Prills ~ Create Thin Water		
Drinking Prills ~ 90 gm	523090	25.00
Laundry Pouch ~ 1 lb	523126	60.00
Bath Ball ~ 2 lbs	523002	75.00
1 Lb Jar	523001	57.50
50 Lb Container	523050	525.00
Magnesium Snow USP - Cleanses & tightens ~ Great for Facials, Teeth, and		
10 gms	571010	14.00
75 gms	571075	35.00
Laminar Mica, Fine Ground - Add to Makeup and Baths!		
100 gms	551100	18.66
Laminar Mica Crystals - Natural High-Vibration Mineral		
50 gms	531050	9.46
1.75 lbs	531795	26.26
4 lbs	531004	38.86
30 lbs	531030	236.25
ViraLib® - Herbal aid for all body systems		
4 oz (Glass)	569004	47.26
Potassium Iodide - USP Grade		
26 gms (200 servings)	518026	31.50
100 gms (770 servings)	518100	102.90

Item	Item #	MSRP
Bottles & Satchels		
4 oz Spray Bottle	513017	4.75
4 oz Flip top Bottle	513018	4.75
12 oz Spray Bottle	513019	5.30
12 oz Flip top Bottle	513020	5.30
3" x 4" Organza Satchel	513021	2.30
4" x 6" Organza Satchel	513022	3.00

Item	Item #	MSRP
Super Value Packs		
Magnesium Oil Starter Pack	72001	116.08
Ultimate Magnesium Bath Pack	82001	136.66
Magnesium Prill Pack	92001	120.00
Sensitive Skin Pack	62001	28.35
Magnesium Combo Pack	62041	69.51
Acne Kit	62021	48.88

Item	Item #	MSRP
Symptom Value Packs		
Anxiety & Stress		
Oil Pack	72011	116.08
Bath Pack	82011	155.41
Bath Refill	82511	80.41
Energy & Overall Health		
Oil Pack	52031	166.93
Oil Refill	52531	123.31
Bath Pack	52019	186.93
Bath Refill	52519	106.23
Headache & Migraine		
Oil Pack	72021	116.08
Bath Pack	82021	155.41
Bath Refill	82521	80.41
Mental Sharpness		
Oil Pack	72071	116.08
Bath Pack	82071	155.41
Bath Refill	82571	80.41
Muscle & Fitness Recovery		
Oil Pack	72051	116.08
Bath Pack	82151	172.35
Bath Refill	82651	95.35
Pain Relief		
Oil Pack	72041	116.08
Bath Pack	82141	172.35
Bath Refill	82641	95.35
Sleep Restoration		
Oil Pack	72061	116.08
Bath Pack	82161	172.35
Bath Refill	82661	95.35

Raise intracellular Magnesium levels in as little as 30 days!

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Health and Wisdom's Pure Magnesium Oil USP ~ The Smart Choice!

Magnesium is a mineral essential to life and necessary for good health. Health and Wisdom's **Magnesium Oil USP** is the **PUREST, SAFEST, FASTEST** form of Magnesium to increase Magnesium at the **CELLULAR LEVEL!** Clinical tests proved this to be the case and daily foot soaks also increase DHEA, the youth hormone! **Only 1%** of the magnesium in the body is in the blood, therefore, a blood test with "normal" limits has little to do with the Magnesium level in the cells. Magnesium is required in over 300 enzymatic processes in the body and **STRESS LOWERS Magnesium!** Because we are all exposed to stress; emotional, environmental, physical etc., our need for regular Magnesium supplementation is vital to health and well-being. Transdermal Magnesium (through the skin) does NOT cause digestive upset like oral magnesium products do. **ALL MAGNESIUM FORMS ARE LAXATIVES!** We are big fans of a healthy colon and regular, long-term dosing of oral magnesium can cause the colon to not work on its own. This is of particular concern in children. Our **Magnesium Bath Crystals** are perfect as a bath additive for all ages!

There are many forms of Magnesium and Magnesium Chloride is known to be the best form for intracellular absorption. Anyone claiming that Magnesium Chloride from any single natural source does or does not contain contaminants (harmful or safe) or that there is no need for testing and purification is irresponsible.

THINK ABOUT IT...

Natural sources of Magnesium Chloride

The Ocean

Just imagine...the ocean...seawater...waves...we all can picture the gorgeous beaches.

- Yet...we all have heard of the medical waste, dead fish washing ashore...we have heard the stories of disreputable waste haulers dumping waste into the ocean; oil rigs; cruise ships and submarines. Claims that this source is pure are unfounded.

Natural Brine Lakes...Dead Sea; Great Salt Lake, etc.

Just imagine...inland brine lakes such as the Great Salt Lake...we can all picture the gorgeous dunes and mountains surrounding the brine source.

- Yet we have heard the reports of high mercury levels in identified areas; product unfiltered for sand and silt.

Underground brine sources... the Zechstein seabed in NW Europe; the Permian Period seabed in the central U.S.; wells

Just imagine an underground brine source...a well.

- Is it completely protected from underground pollution sources?

Additionally...

- None of the above are protected from pollen, bird droppings, pollutants carried by wind and rain, etc.

Are we so concerned about Natural that we have forgotten our common sense? Each of these sources have potential issues for use "as is" on the human body. All of the above are "natural" sources...none of the above can be completely protected from outside contamination.

What NEEDS to happen and what IS happening at Health and Wisdom...

- Health and Wisdom's certified USP grade magnesium chloride is the purest in the United States market. Our **Magnesium Oil USP** is *not reconstituted* magnesium crystals and has been purified and refined *in liquid form* to ensure the absolute minimum level of impurity possible using modern techniques; generally exceeding governmental requirements. This method of refinement also ensures that the risk of stray dehydrated contaminants remaining affixed to dehydrated crystals is effectively eliminated.
- This same Magnesium Chloride is also used as one of the electrolytes in dialysis solutions for kidney patients for which the specifications for production are controlled and secure.
- You can be assured that the mercury, aluminum, arsenic, etc. levels in the Magnesium Chloride base for our **Magnesium Oil USP**, **Magnesium Oil USP with Aloe Vera**, **Magnesium Gel**, and **Magnesium Gel with Aloe Vera** are below a single part per million ~ a level often so low as to be beyond detection.

You can pull a sample from the Ocean, from the Dead Sea, the Great Salt Lake, the Zechstein seabed in NW Europe, the Permian Period seabed in the central U.S. or a brine well and find levels of several contaminants greater than what is good for humans. You can also pull a sample from these same sources and find very few contaminants, it depends upon where you pull the sample from, the currents, the sources of contamination in the area, etc. Just because the origin sounds romantic does not make it pure and safe "as is" for humans.

Since this is the case, the responsible thing for OUR customers is to obtain the most tested, purified, and natural source of Magnesium Chloride. Rest assured at Health and Wisdom we will only provide the purest and safest products for our customers.

OUR products are the highest quality and we will accept nothing less. Should you?