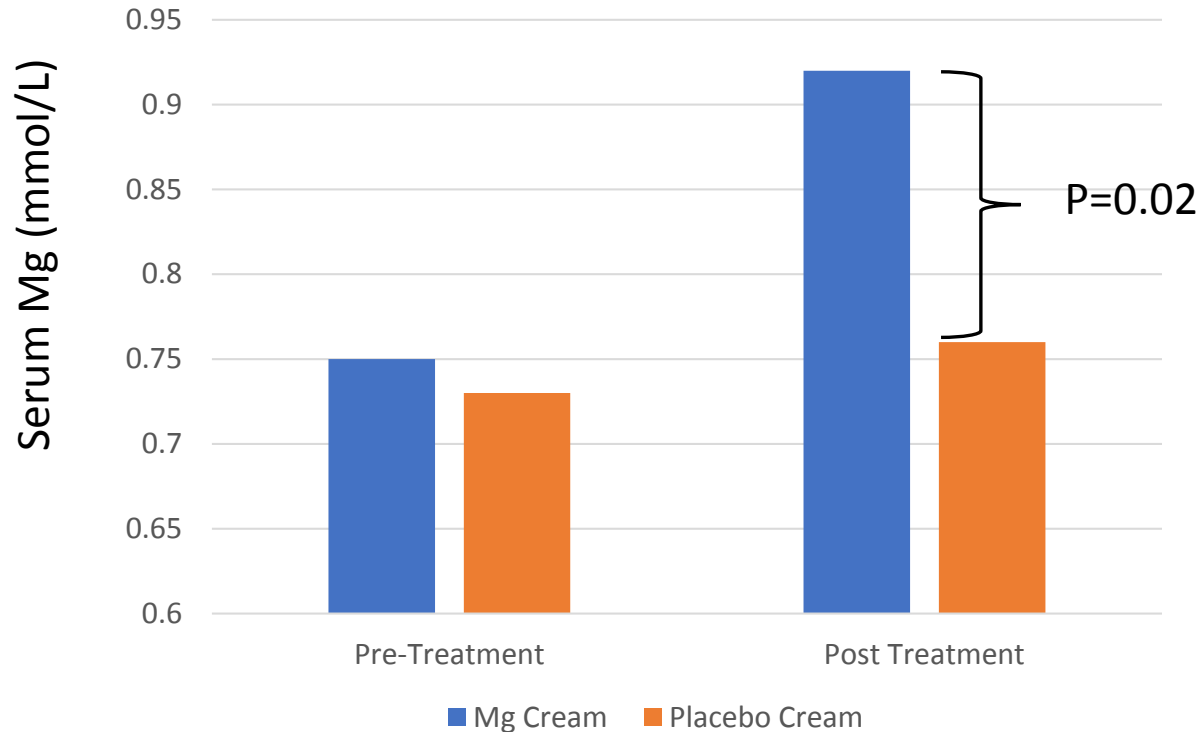
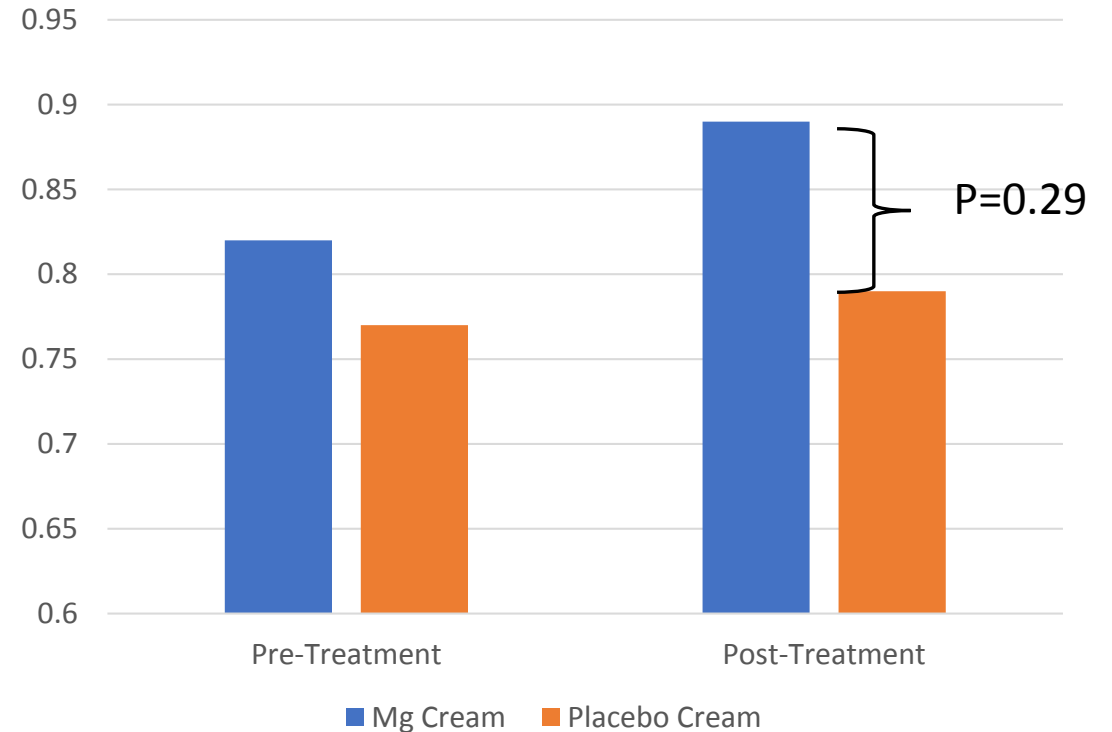


Pre- and Post-Treatment Serum Mg (mmol/L) with Mg or Placebo Cream Treatment (2 wks)

Non-Athletes (n=20)



Athletes + Non-Athletes (n=24)



Source: Kass L, Rosanoff A, Tanner A, Sullivan K, McAuley W, Plesset M. 2017. Effect of transdermal magnesium cream on serum and urinary magnesium levels in humans: A pilot study. PloS one 12(4):e0174817. (Data from Tables 3 & 4)