

26 August 2016



Ari Mandy

19:39

Can you take too much mag oil? My mould friend is wiping on skin and taking orally. Limit to dailey use orally or ?????



Kris Savage

19:43

cannot over dose because its water soluble

and its needed for every cell

the oral dose is limited

I stop or reduce if it liquefies the stool

and start up again the next day



Ari Mandy

20:00

Great. She is so thankful

I watched her swelling ease within 10 mins of taking orally. Literally her face swelling went down noticeably in minutes