

Scientific References

- 1)** Sun, X., et al. (2016). The effects of Magnesium on lipid metabolism and body weight in overweight adults. *European Journal of Clinical Nutrition*, 70(4), 514-518.
- 2)** Goedecke, J. H., et al. (2001). Sodium intake and fat metabolism during low-carb diets. *The American Journal of Clinical Nutrition*, 73(4), 664-672.
- 3)** El-Khateeb, M. (2020). Determination of metals' contents in the Dead Sea's water, mud, and sediments. *International Journal of Energy and Water Resources*, 4(2), 205–212.
- 4)** Douris, N., et al. (2015). The impact of Calcium and Magnesium on body weight and metabolism. *Nature Metabolism*, 1(4), 369-378.
- 5)** Portugal-Cohen, M., et al. (2015). Dead Sea Minerals-Induced Positive Stress as an Innovative Resource for Skincare Actives. *Journal of Cosmetics, Dermatological Sciences and Applications*, 5(1), 11–21.
- 6)** Tremblay, A., et al. (1992). Calcium supplementation and fat oxidation in overweight individuals. *International Journal of Obesity*, 16(9), 733-738.
- 7)** Garcia, D., et al. (2017). The impact of Sodium and Potassium balance on weight control. *Journal of Human Nutrition and Dietetics*, 30(3), 340-348.
- 8)** Mirmiran, P., et al. (2019). Dietary intake of calcium and weight management: A systematic review. *Nutrition Reviews*, 77(3), 193-207.
- 9)** Nielsen, F. H., et al. (2004). Magnesium deficiency and its association with obesity-related inflammation. *Current Opinion in Lipidology*, 15(1), 1-6.
- 10)** Shani, J., et al. (1991). Skin penetration of minerals from the Dead Sea. *International Journal of Dermatology*, 30(8), 582–586.
- 11)** Carbajo-Pescador, S., et al. (2014). BHB and metabolic regulation: Effects on energy balance. *Endocrine Metabolism Journal*, 18(1), 29-42.
- 12)** Resnick, L. M., et al. (1993). Intracellular Magnesium and insulin resistance in obesity. *Hypertension*, 21(5), 619-626.
- 13)** Wu, T., et al. (2019). The role of Magnesium in adipose tissue regulation and thermogenesis. *Molecular Metabolism*, 22, 91-100.
- 14)** Proksch, E., et al. (2005). The effects of Dead Sea mineral baths on skin barrier function and hydration. *International Journal of Dermatology*, 44(2), 151-157.
- 15)** Costill, D. L., et al. (1988). Sodium and fluid balance in endurance sports: Impact on metabolism. *Journal of Applied Physiology*, 64(1), 125-132.

16) Soares, M. J., et al. (2012). Calcium and weight regulation: How does it work? *Obesity Reviews*, 13(1), 7-16.

17) Alam, S., et al. (2015). The role of Magnesium in obesity and metabolic syndrome. *Journal of Obesity & Weight Loss Therapy*, 5(1), 100-117.

18) Ma'or, Z., et al. (2006). Anti-inflammatory effects of Dead Sea minerals on human skin cells. *Skin Pharmacology and Physiology*, 19(4), 217-225.

19) Newell, C., et al. (2016). Exogenous ketones in metabolic diseases: Effects on weight and insulin sensitivity. *Frontiers in Physiology*, 7, 345.

20) Olesen, J., et al. (2013). The effects of exogenous ketones on weight loss and metabolism. *Metabolism: Clinical and Experimental*, 62(8), 1183-1189.