**S1 Text. Ingredients:** Ingredients for magnesium and placebo creams

**Magnesium Cream**: Lot # T10224:  Aqua, magnesium chloride (10%), cetearyl olivate, sorbitan olivate, isopropyl palmitate, emulsifying wax, glycerine, butyrospermum parkii (shea butter), hydroxypropyl starch phosphate, iodopropynyl butylcarbamate, phenoxyethanol, caprylyl glycol.

**Placebo Cream:** Emulsifying ointment (contains emulsifying wax, liquid paraffin and white soft paraffin. Emulsifying wax itself contains cetostearyl alcohol and sodium lauryl sulfate)

Phenoxyethanol , purified water