Take a field $\phi(x)$. Evolving in flow time yields

$$\tilde{\phi}(k,\tau) = e^{-k^2\tau}\,\tilde{\phi}(k,0)$$

$$\phi(x,\tau) = \frac{1}{2\pi}\int_{-\infty}^{\infty} dk\, e^{ikx}\cdot e^{-k^2\tau}\int dy\, e^{-iky}\,\phi(y,0)$$

Then the magnetization is given as

$$\begin{aligned}
\int_{-\infty}^{\infty}\phi(x,\tau)\,dx &= \frac{1}{2\pi}\int_{-\infty}^{\infty} dx\int_{-\infty}^{\infty} dk\, e^{ikx}\cdot e^{-k^2\tau}\int_{-\infty}^{\infty} dy\, e^{-iky}\,\phi(y,0)\\
&= \frac{1}{2\pi}\int_{-\infty}^{\infty} dk\, e^{-k^2\tau}\int_{-\infty}^{\infty} dy\, e^{-iky}\,\phi(y,0)\int_{-\infty}^{\infty} dx\, e^{ikx}\\
&= \int_{-\infty}^{\infty} dk\, \cancelto{1}{e^{-k^2\tau}}\int_{-\infty}^{\infty} dy\, \cancelto{1}{e^{-iky}}\,\phi(y,0)\,\delta(k)\\
&= \int_{-\infty}^{\infty} dy\, \phi(y,0)
\end{aligned}$$

Therefore the magnetization is conserved in flow time.