

Anti Leg Cramps

A Complex of Magnesium & Vitamins
Fast relief of Nocturnal Leg Cramps

NEW

Nocturnal leg cramps are episodes of pain, usually lasting up to a few minutes, caused by sudden, intense involuntary contractions of muscles or muscle groups.

Nocturnal leg cramps, usually involving the calf muscles or the small muscles of the foot are a common and distressing problem. Its prevalence increases with age, affecting 30% over the age of 60 and 1 in 2 over the age of 80^(1,2).

Possible causes for nocturnal leg cramps, include:

- Hypomagnesemia - a deficiency of Magnesium
- Poor blood circulation in the legs.

Most of the populations of the western world do not get enough magnesium in their diet thus more than 50% of the population are in state of hypomagnesemia^(3,4).

Magnesium salts have also been shown to be effective in the treatment of leg cramps associated with pregnancy⁽⁵⁾.

Anti Leg Cramps are composed of a mixture of Magnesium Hydroxide, of Dead Sea origin, along with Vitamin B₆ that maximize the absorption rate, and with Vitamin E⁽⁶⁾, which is recognized as having alleviating effects in Nocturnal Leg Cramps syndrome due to its support of blood circulation⁽⁷⁾ and synergy effects with magnesium⁽⁸⁾.

Using Anti Leg Cramps leads to fast relief of Nocturnal Leg Cramps.

Recommended Dosage: 1-2 capsules at bedtime.

Contra Indication: Not for use by patients with renal failure.

Side effect: May cause diarrhea.

Storage: Store in a cool and dry place. Content: 50 capsules.

References:

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- (4) Ryzen E, Wagers PW, Singer FR, Rude RK. Magnesium deficiency in a medical ICU population. Crit Care Med. 1985 Jan;13(1):19-21.
- (5) Dahle, Lars O. MD *; Berg, Goran MD, PhD *; Hammar, Mats MD, PhD *; Hurtig, Mats MD ***; Larsson, Lasse MD, PhD **. The effect of oral magnesium substitution on pregnancy-induced leg cramps. American Journal of Obstetrics & Gynecology. 173(1):175-180, July 1995.
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- (7) Paolisso G, Tagliamonte MR, Barbieri M, et al. Chronic vitamin E administration improves brachial reactivity and increases intracellular magnesium concentration in type II diabetic patients. J Clin Endocrinol Metab 2000;85(1):109-115.
- (8) Skyrme-Jones RA, O'Brien RC, Berry KL, et al. Vitamin E supplementation improves endothelial function in type I diabetes mellitus: a randomized, placebo-controlled study. J Am Coll Cardiol 2000;36(1):94-102.



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