



A Complex of Magnesium & Vitamins

Fast Relief of Nocturnal Leg Cramps

Nocturnal leg cramps are episode of pain, usually lasting up to a few minutes, caused by sudden, intense involuntary contraction of muscles or muscle group.

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 50% over the age of 80^(1,2).

Possible causes for Nocturnal cramps, include:

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

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 Patented Magnox (magnesium oxide monohydrate) which was clinically proven to be most bioavailable magnesium 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.

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.
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