

Naveh Pharma (1996) Ltd.
(Former Naveh Wholesale Drugstore Ltd.)
VAT 512382136
P.O.Box 8139, Natanya, 42505, Israel
Fax: +972-9-8850929
Tel: +972-9-8850611
E-Mail: info@navehpharma.com



נוה פארמה (1996) בע"מ
(לשעבר נוה הולסייל דרגסטור בע"מ)
ח.פ. 512382136
ת.ד. 8139, רח' יד חרוצים 19, נתניה 42505
טל: 09-8850611
פקס: 09-8850929
www.navehpharma.com

[Geburtshilfe Frauenheilkd.](#) 1983 May;43(5):329-31

[Clinical aspects and treatment of calf muscle cramps during pregnancy]

[Article in German]

Riss P, Bartl W, Jelincic D.

Of 8204 gravidae, 486 (5,9%) complained at least once of muscle cramps during pregnancy. Muscle cramps were noticed most often in the second half of pregnancy. Gravidae with muscle cramps were on the average older and of higher parity; there was no relationship between muscle cramps and complications during pregnancy or unfavorable fetal outcome. In an uncontrolled therapeutic trial 21 women with muscle cramps received 1,8 g monomagnesium-aspartate twice daily per mouth for 4 weeks. 21 women with muscle cramps had no therapy. 4 weeks after the initiation of magnesium therapy 19/21 women were free of symptoms, compared to only 7/21 patients in the control group. Muscle cramps during pregnancy do not have to be considered a risk factor; they can be significantly improved by the administration of oral magnesium.