

Dear doctor

PREG CRAMPS BUSTER

We are proud to launch our new product **PREG CRAMPS BUSTER**.

Pregnancy cramps affect up to half of all pregnant women¹, typically, the cramps begin during the second trimester, get worse as the pregnancy progresses and are worse at night.

Previous studies indicate that nightly muscle cramps during pregnancy might be a sign of a latent magnesium deficiency which can be influenced by oral magnesium².

PREG CRAMPS BUSTER is a highly refined basic Magnesium salt from the Dead Sea.

It is placed in a fast acting, pure grade proprietary formulation. It is one hundred percent food grade. It is formulated to be "digestion neutral". Additional supplement of vitamins B₁, B₆ and E, improves the absorption and efficacy of the preparation^{3,4,5}.

PREG CRAMPS BUSTER is 100% free of additives, salt, sugar, preservatives, artificial color, yeast, wheat, gluten, animal products, corn, milk or soy products.

Dosage: 1 capsule at bed time.

Side effects: May cause Diarrhea

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

50 Capsules in one box, each capsule being one dose contains:

Ingredient	Quantity	%RDA
Magnesium hydroxide	450mg	54%
Vitamin E DI-alpha tocopherol acetate	50mg	333%
Vitamin B ₆ - Pyridoxine	10mg	526%
Vitamin B ₁ -Thiamine	2mg	143%

References :

- (1). Interventions for leg cramps in pregnancy. Young GL, Jewell D. The Cochrane Database of Systemic Reviews 2002, Issue 1.
- (2). Pathophysiology and therapy of magnesium deficiency in pregnancy Barl W, Riss P. Z Geburtshilfe Perinatol. 1982 Nov-Dec;186(6):335-7.
- (3). Serum magnesium levels, muscle cramps, and preterm labor. Hantoushzadeh S, Jafarabadi M, Khazardoust S. Int J Gynaecol Obstet. 2007 Aug;98(2):153-4. Epub 2007 Jun 18.
- (4). Effect of combination of vitamin B1 and B6 on leg cramps in pregnancy minoo Yaghmaei, mojgan Mokhtari, mehdei Mohammadi Journal of Shahrekord University of Medical Sciences 2006; 7(4):63-69
- (5) Leg Cramps [Systemma] and 'Restless Legs' Syndrome. Ayres and Mihan Calif. Med. 111:87, 1969.

