

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

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The effect of oral magnesium substitution on pregnancy-induced leg cramps.

[Dahle LO](#), [Berg G](#), [Hammar M](#), [Hurtig M](#), [Larsson L](#).

Department of Obstetrics and Gynecology, Faculty of Health Sciences, Linköping University Hospital, Sweden.

OBJECTIVE: Our purpose was to determine whether women with pregnancy-related leg cramps would benefit from oral magnesium supplementation. **STUDY DESIGN:** Seventy-three women with pregnancy-related leg cramps were interviewed about their symptoms in a prospective, double-blind, randomized trial. Initial serum magnesium levels and diurnal magnesium excretion was determined in 50% of the patients. Oral magnesium or placebo was given for 3 weeks, after which new interviews and laboratory analyses were performed. **RESULTS:** Serum magnesium levels in these patients were at or below the lower reference limit, as is also often the case in healthy pregnant patients. Oral magnesium substitution decreased leg cramp distress ($p < 0.05$ compared with the placebo group, $p < 0.001$ compared with initial complaints), but did not significantly increase serum magnesium levels, excess magnesium being excreted as measured by an increase in urinary magnesium levels ($p < 0.002$). **CONCLUSION:** Oral magnesium supplementation seems to be a valuable therapeutic tool in the treatment of pregnancy-related leg cramps.