

Night Cramps

Leg cramps, also known as night leg cramps, are fairly common and occur mostly at night. This can become a distressing condition if sleep is regularly disturbed. Night leg cramps are characterised by a sudden movement in the leg muscles that cause involuntary, painful contractions.

A cramp pain typically lasts for a few minutes, but can last from just a few seconds up to 10 minutes. Severity of the pain varies, and muscles may remain tender for up to 24 hours following a leg cramp.



- ✓ Night leg cramps can be painful & disrupt sleep
- ✓ 60% of adults report to suffer from leg cramps¹
- ✓ Chances of night cramping increase with age

Approximately half of 55's and over suffer from nocturnal leg cramping, with a majority reporting leg pain². Whilst the precise cause of night cramps is unclear, low levels of certain minerals (magnesium, potassium, calcium & sodium), poor circulation and side effects of certain medication are thought to be contributing factors of night cramps.

Quinine is no longer a recommended treatment for night cramps due to an unfavourable benefit-harm profile.

YOUR EVERYDAY TIPS TO MANAGING NIGHT CRAMPS



Drink plenty
of water



Stretch your
legs regularly



Take a warm
bath before bed



Include Magnesium
rich foods in your diet



Try not to sit with
your legs crossed

¹ <http://www.patient.co.uk/health/cramps-in-the-leg>

² <http://www.backinmotion.com.au/news/article/how-to-combat-night-pains-and-cramps>

Live Life with ease, Crampeze!

Crampeze offers a tailored range of muscular cramp support products containing Magnesium and other ingredients to boost peripheral circulation that reduce the risk of night cramps and supports healthy muscle function. The Crampeze range also contains Rutin and Citrus Bioflavonoids that support capillary and circulatory health, as poor circulation is a contributing factor to night cramping cases.

SUPPORT LEGS EXPERIENCING MUSCULAR CRAMPS, SPASMS, & TIREDNESS WITH CRAMPEZE



☐ Crampeze Night Cramps 30's, 60's & 120's

- With Homoeopathic copper, traditionally used to help relieve **muscular cramps and spasms**
- Magnesium to help **maintain proper muscle function**
- May assist with **peripheral circulation** and **helps maintain health of capillaries**
- Available in packs of **30's, 60's & 120's**

☐ Crampeze Night Cramps Forte 30's & 60's

- Double strength Magnesium* to help **maintain proper muscle function & provide Magnesium supplementation**
- With Homoeopathic copper traditionally used to help relieve **muscular cramps & spasms**
- With the added benefits of **Vitamin E, Vitamin D & Vitamin B3** to aid in **general wellbeing**
- Available in packs of **30's & 60's**

Dosage: Take 2 capsules twice daily with water for first 4 weeks. Thereafter take 1 capsule twice daily to maintain. Dosage to be taken in the morning and 30 minutes before retiring at night. Contains 302mg Magnesium (elemental) per daily dose.

Dosage: Take 1 tablet twice daily with water. Contains 300mg Magnesium (elemental) per daily dose.

**When compared to regular strength Crampeze per single unit.*