

# Restless Legs Relief

Martin & Pleasance's range of 10 oral sprays combine traditionally prepared homeopathic remedies with Schuessler Tissue Salts, specially prepared micro doses of minerals. Homeopathic formulations stimulate the body's own ability to assist in restoring natural equilibrium and health.

These lactose free sprays can be used by everyone, including pregnant and breastfeeding women, babies, children and people currently on other medications. Simply match the cost effective sprays with the common ailments on the front of the pack Martin & Pleasance proudly prepare our natural remedies using traditional methods in our own laboratory

## Use:

For the temporary relief of Uncontrollable leg movement, night twitches, jerking limbs, growing pains, itching, crawling or tingling sensations.

## Dosage:

- Adults: 1 dose is 4 sprays
- Children (ages 2-12): 1 dose is 2 sprays
- **Acute dose:** Take 1 dose every 30 minutes, until symptoms subside, up to 4 doses, then continue a maintenance dose of 1 dose 4 times per day (max 8 doses per day).
- **Maintenance dose:** Take 1 dose 4 times daily.

## Directions:

- Spray under the tongue
- For best results take 10 minutes away from food and/or cleaning teeth.