MUSCLE CRAMPS

First, add the following minerals to your regime, preferably take these in the evening to help with any cramping in bed later:

Calcium 600-1200mg
Magnesium 800mg
Potassium 99mg twice a day

If you are still having muscle cramping, add Vit. B12 to your regime, in the morning. Best is either spray B12 or sublingual – if your digestion is not working well, it can be difficult to absorb B12.

Other:
Diuretic drugs used for high blood pressure or heart problems, may cause muscle cramps.
Poor circulation contributes to leg cramps. Try using niacin (Vit. B3) and Lipoic Acid to help.