

Muscle Spasm/Cramps

Possible Causes and Contributing Factors:

- Iron anemia
- Insufficient water intake
- Need for calcium, magnesium vitamin E
- Lack of exercise
- Over-exertion of poorly conditioned muscles
- Lack of B vitamins

Suggested Dietary Changes:

- Water Cure

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.