

Cramp Relief

If you've ever been awakened in the night or stopped in your tracks by a sudden charley horse, you know that muscle cramps can cause severe pain. Almost everyone has muscle cramps at some time, though generally harmless, muscle cramps can make it temporarily impossible to use the affected muscle.

A muscle cramp is a sudden, brief, involuntary contraction of one or more of your muscles, but what causes it?

Although the exact cause of muscle cramps is idiopathic the most common are benign leg that occur typically at night and exercise-associated muscle cramping [1]. In fact NLC (Nocturnal leg cramps) are so common that it occurs >5 x per month reported by 6% of the adult US population [2].

Certain conditions like becoming dehydrated or having low levels of electrolytes (such as potassium, magnesium, or calcium) in the blood can increase the risk and/or severity of muscle cramps [1].

That is why Afrigen's Cramprelief oral spray is a must. It contains the powerful antioxidant and free radical scavenger Fulvic acid, known for its anti-inflammatory properties. Cramprelief oral spray also contains highly bioavailable marine sourced multi minerals (potassium, calcium, and magnesium) derived from Lithothamionium spp. Multimineral compositions are essential for nerve transmission and coordinated muscle contractions.

When used under the tongue, Fulvic acid acts to rapidly increase the mineral uptake in the bloodstream for maximum bioavailability.

Cramprelief oral spray is easy to administer, gives fast relief, and can be used at any time, day or night.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

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PACK SIZE

50 ml Oral Spray



INDICATIONS

Reduces and prevents muscle cramps.
Reduces discomfort of sport induced muscle cramps.
Prevents night time leg cramps.



COMPOSITION

Each 1 ml contains:

Fulvic acid	500 mg
Sodium	11 mg
Magnesium	3.5 mg
Calcium	1.5 mg
Potassium	1.0 mg
Other:	
Dextrose	150 mg / ml
Sucralose	0.5 mg / ml



DOSAGE AND DIRECTIONS FOR USE

Adults and children 6 years and older:
Take 6-10 sprays under the tongue when necessary.



WARNINGS

Do not use during pregnancy and breastfeeding.
Not recommended for children under 6 years.

REFERENCES:

[1] Michael C. Levin. Muscle cramps. Merck Manual Professional Version.
<http://www.merckmanuals.com/professional/neurologic-disorders/approach-to-the-neurologic-patient/muscle-cramps>.
Content last modified Sep 2022.

[2] Michael A Grandner, John W Winkelman, Nocturnal leg cramps: Prevalence and associations with demographics, sleep disturbance symptoms, medical conditions, and cardiometabolic risk factors. PLoS One. 2017 Jun 6;12(6):e0178465.
doi: 10.1371/journal.pone.0178465