Eliminating Restless Leg Syndrome

The information the drug companies don’t want you to read...

Say GOODNIGHT TO RLS AND UNLOCK THE SECRETS TO PEACEFUL SLEEP

Calm Legs
Restless Legs Relief
www.CalmLegs.com
Have you ever wondered why drug companies don’t sell natural remedies?

It is not that these remedies don’t work or are not based on clinical studies. Natural, herbal remedies do work, and have been studied just as thoroughly as proprietary prescription formulas.

The answer is simple: MONEY!

Natural remedies for restless legs and other health issues are just not profitable enough to market commercially.

And drug companies do not want their profit margins decreased by allowing you to make informed decisions based on this information.

They would rather keep selling you proprietary medications with serious side effects, even worsening your RLS symptoms.

There are all natural choices that can help control your symptoms, improve sleep, and enhance the quality of your life.

Why are some of your doctors not telling you about these natural options? Because the business of medicine is based on diagnosing, testing, and treating with drugs which need to be monitored.

That means more follow-up, which means more office visits and more money spent on healthcare.

It is just not in your physicians’ best interest to tell you about natural safe, alternative approaches to help with your Restless Legs.

We are here to help you make an informed decision.
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“Why can’t I stop kicking? I just want to sleep!”

As soon as your head hits the pillow, the nightmare begins. “Creepy-crawly” sensations up and down your legs. Jumpy, jerky leg muscles. Random kicking that wakes you (and your partner!) through the night. Morning finds you groggy and irritable. Looks like another day ruined by Restless Leg Syndrome.

Do these symptoms sound familiar? If so, you’re not alone. Over 35 million people—mostly women over age 40—suffer with the devastating movement disorder known as Restless Leg Syndrome (RLS). RLS brings problems beyond insomnia, including brain fog, stress, anxiety, depression and fatigue. Even more troubling, Harvard Medical School researchers reported in the June 2013 issue of Neurology that RLS may be linked to a 40% increase in mortality.

Sufferers simply know RLS as the bane of their daily existence. Take Susan Fitzpatrick, a medical assistant in Jupiter, Florida, who was “pushed to the brink” by RLS. “I couldn’t stand it any more,” she explains. “I hated going to bed. Nights were my agony; I could find no rest. During the day I was so tired that I feared falling asleep while driving. My husband was suffering, too. I was absolutely desperate.”

Mainstream medicine has no answer for RLS sufferers’ desperation. Doctors try to prescribe tranquilizers, antidepressants, pain killers and sleep aids for the disorder. However, these drugs carry risks of dangerous side effects, and tend to make people feel “zonked” without providing much relief.

There is no RLS cure, but there is hope: A natural therapeutic approach completely resolved Susan’s RLS symptoms, and is now poised to help millions more. Science may have finally unraveled the RLS mystery.

“Just as I’m on the verge of getting to sleep, that uncontrollable sensation to move my leg overcomes me and the only relief I have is to get up and move to the couch so that my husband can get a good night sleep. After a couple of weeks of taking your product, I am sleeping at night for the first time in years!” Jill, Texas
Restless Leg Syndrome

What is Restless Leg Syndrome?

Restless Leg Syndrome (RLS) is a condition of the nervous system which make a person feel like their legs are burning, itching, crawling, or have other, unpleasant sensations. These sensations can be relieved by movement, and may get worse over time.

Movement of the legs may provide temporary relief. The sensations are usually more noticeable when at rest, such as watching TV, reading, lying in bed, or the like. Symptoms can become so bad that sleep may be affected, and a good night’s sleep may become difficult. Current research shows RLS may be hereditary, and becomes more common with age.

Signs and Symptoms of RLS

RLS may come at any age. Studies show that almost half of the people who have RLS had their first symptoms before the age of 20. As a person gets older, it is common for the symptoms to progress over time, however, in some cases; symptoms may disappear in later stages of life.

The most common signs and symptoms are:

• Sensations are experienced in the lower leg, between the knee and ankle;
• The sensations feel like tingling, creeping, crawling, itching, aching, burning, numbness, or sometimes the sensations are difficult to describe.
• The sensations occur most often in the evening.
• They can last for as short as an hour, or continue all night.
• Movement provides a temporary relief.
• Sleep can be affected to such a degree that quality of life can be impaired.
• Symptoms can be aggravated by stress.

“I get a creepy-crawly feeling in my legs that makes me want to get up and move constantly, after 3 weeks of using Calm Legs I can finally relax and my life is so much better” Ron, Georgia
Causes of Restless Legs

Current Research
Restless legs may be caused by a long list of risk factors including: an imbalance in certain chemicals in the body called neurotransmitters, deficiencies of certain minerals, pregnancy, other medical conditions such as Parkinson’s, diabetes, arthritis, kidney failure, and persons with neuropathy, or nerve damage may be at risk for RLS.

Do your symptoms indicate RLS?

How many of the questions below are true for you?

- When you sit or lie down, do you have a strong desire to move your legs?
- Does your desire to move your legs feel impossible to resist?
- Have you ever used the words unpleasant, creepy-crawly, creeping, itching, pulling, or tugging to describe your symptoms to others?
- Does your desire to move often occur when you are resting or sitting still?
- Does moving your legs make you feel better?
- Do you complain of these symptoms more at night?
- Do you keep your bed partner awake with the jerking movements of your legs?
- Do you ever have involuntary leg movements while you are awake?
- Are you tired or unable to concentrate during the day?
- Do any of your family members have similar complaints?
- Does a trip to the doctor only reveal that nothing is wrong and there is no physical cause for your discomfort?

If you answered "yes" to a majority of these questions, you may have RLS.

Source: Restless Legs Syndrome Foundation.
Diagnosing RLS

Physicians diagnose RLS by talking with you about your symptoms, conducting a complete physical exam collecting blood tests to look for nutrient deficiencies and various disorders such as diabetes and other diseases known to be a risk factor for RLS. There are four Clinical Criteria that are used in the diagnosis of RLS listed in the table below.

### Four Essential Diagnostic Criteria for RLS

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<th>Criterion</th>
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<td>Criterion 1</td>
<td>An urge to move the legs, usually accompanied or caused by uncomfortable and unpleasant sensations in the legs. Sometimes the urge to move is present without the uncomfortable sensations, and sometimes the arms or other body parts are involved in addition to the legs.</td>
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<tr>
<td>Criterion 2</td>
<td>The urge to move or unpleasant sensations begin or worsen during periods of rest or inactivity such as lying or sitting.</td>
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<tr>
<td>Criterion 3</td>
<td>The urge to move or unpleasant sensations are partially or totally relieved by movement, such as walking or stretching, at least as long as the activity continues.</td>
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<tr>
<td>Criterion 4</td>
<td>The urge to move or unpleasant sensations are worse in the evening or night than during the day or only occur in the evening or night. When symptoms are severe, the worsening at night may not be noticeable but must have been previously present.</td>
</tr>
<tr>
<td>Criterion 5</td>
<td>Symptoms are not solely accounted for by another medical or behavioral condition, such as myalgia, venous stasis, leg edema, arthritis, leg cramps, positional discomfort or habitual foot tapping.</td>
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Supportive criteria for the diagnosis of RLS include the following:
- A family history of RLS
- A positive response to dopamine drug therapy.
- Periodic limb movements during wakefulness or sleep as assessed with polysomnography or leg activity devices in 85% if individuals with RLS

“My mom, brother and I all suffer from Restless Legs. We are all seeing results and will continue to use it.”  Maria, NC
Before You Choose to Use Medications

Have you…

- given self-help a fair shot with non-medication treatments?
- considered how medication side effects may impact your life?
- weighed the pros and cons of medication vs. lifestyle changes?

Caution about medications

If you make the decision to start taking Mirapex, Requip or any other drug for your RLS, remember that you are exchanging your current symptoms for another set of symptoms and more health problems.

It can be a vicious cycle of dependence and withdrawal. You may have already experienced the good and the bad with these medications. It is important that you are able to make an informed when deciding on medications to treat your RLS.

A recent survey of 3000 individuals with restless legs conducted by the Willis-Ekbom Disease (WED) Foundation reported only 6% found their symptoms controlled by their medications.

Patients reported lack of nighttime symptom control (46%), symptoms reappearing or getting worse after several months or years using a medication (33%), lack of daytime symptom control (24%) and experiencing unwanted side effects (23%) as the most common reasons for changing medication in the past.

About 1/3 of them had switched medications three or more times to treat their symptoms and 20% experienced withdrawal symptoms.

68% experienced augmentation (a worsening of RLS symptoms that occur after starting a prescription medication to treat RLS. Symptoms may occur earlier in the day, spread to body parts other than the legs, be more intense, and/or begin after a shorter period of rest of inactivity than before treatment.)

“\textit{I have suffered from RLS since I learned to walk. I was taking Requip and after 3 weeks of using Calm Legs I no longer had to take it. I have no side effects and I sleep so much better. Be patient, it takes awhile to build up in your system, but it is worth the wait.}” Marie Curtis, Canada
# RLS Medications

Although there is no cure for restless legs syndrome, medications can help control the condition, decrease symptoms, and improve sleep. Usually, there is no single medication that can effectively manages RLS for all individuals. Trials of different drugs may be necessary. In addition, medications taken regularly may lose their effect over time, making it necessary to change medications periodically.

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<th>Examples</th>
<th>What They Do</th>
<th>Side Effects</th>
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<td>Dopamine agonists</td>
<td>Requip, Mirapex</td>
<td>These drugs are considered the first-line treatment for RLS and commonly are used to treat Parkinson disease. They affect the brain’s level of dopamine, that plays a critical role in the functioning of the central nervous system</td>
<td>Dizziness, lightheadedness, or fainting, confusion, hallucinations, nausea. Sudden attacks of sleepiness where you fall asleep with-out warning, even in the middle of the day. Impulse-control disorders in some people, including uncontrollable or problem gambling, sexual behavior, and shopping.</td>
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<td>Benzodiazepines</td>
<td>Klonopin, Ambien, Lunesta</td>
<td>These drugs can help you sleep better if the symptoms of restless legs syndrome keep you up at night. However, these medications do not eliminate the uncomfortable leg sensations and can cause daytime drowsiness</td>
<td>Drowsiness. Dizziness. Memory loss. Sleepiness, dizziness, daytime drowsiness, memory loss, mental/mood/behavior changes</td>
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<tr>
<td>Anticonvulsants</td>
<td>Neurontin</td>
<td>These drugs are considered less potent than the dopamine agonists, gabapentin remains an effective option in mild cases of RLS. It also can be useful for RLS patients who experience painful sensations.</td>
<td>Drowsiness, dizziness, tremors, blurred vision, nausea, and poor coordination. While anti-convulsants help relieve symptoms in some people, they have no effect on others.</td>
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<tr>
<td>Opioids</td>
<td>Darvon, Vicodin, Oxyxontin, Percodan</td>
<td>These narcotic pain relievers are used most often for patients with severe cases of RLS that do not respond to other treatments</td>
<td>Prescription painkillers can be addictive. Side effects include nausea, dizziness, and constipation.</td>
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* This is only a partial list of medications used in the treatment of RLS. Please consult with your physician or pharmacist for a full list of side effects regardig your medications. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment.
Natural Approaches to Restless Legs

Natural Approaches

If you suffer from intermittent RLS you are the best candidate for non-drug therapy and lifestyle modifications. Even people with severe RLS can benefit from therapy and may help avoid or decrease the need for medications.

Before starting a prescription medications you may want to try natural supplements for RLS and lifestyle modifications.

RLS Strategies

There are many strategies to decrease the symptoms of your RLS and are worthing trying because none of them will hurt you and you may see benefit. You may use these techniques in combination with natural remedies or medications you may be taking.

Mental Activities

RLS occurs with decreased alertness and rest. Activities that increase alertness often will improve RLS sympptoms. This is a great tip when flying, traveling, or at a business meeting. Video games, crossword puzzles, playing cards, reading an good book, or any activity that increases mental alertness. Watching television and relaxing probably will not decrease symptoms.

“Nights were horrible for me, endless pain, legs jerking, lost sleep, drowsy days, worried about driving, my husbands lack of sleep. Life was hell before trying your product. After taking Calm Legs for a couple of weeks, I fell asleep peacefully for the first time in years.”

Tammy, Michigan
Dealing with Restless Legs

Moderate Exercise
There are lots of physical activities that can reduce or alleviate the symptoms of Restless Legs. Walking daily is an easy one and provides not only a decrease in symptoms, but people who walk regularly feel better emotionally as well.

It is important to remember mild to moderate exercise is best. Vigorous levels have been associated with an increase in symptoms.

Exercise/Activity Guidelines
• Daily Exercise of about 30-60 minutes of some sort of physical activity is best.
• Do exercise that involves the legs, involving the legs, including aerobic and (resistance) exercise.
• Consider a variety of activities you enjoy and rotate them so that you do not get bored.

• Do not engage in any activity or workload that your physician has told you to avoid.
• In addition to exercise, try switching to taking the stairs, parking further away from your destination, and performing more physical chores.
• You can work out at home or if you like a great workout environment, to socialize with people, join a gym.

Stretching Exercises
Simple stretching can help stop the symptoms of restless legs syndrome in their tracks. Here’s a handful to help you get started.

Calf stretch – Stretch out your arms so that your palms are flat against a wall and your elbows are nearly straight. Slightly bend your right knee and step your left leg back a foot or two, positioning its heel and foot flat on the floor. Hold for 20 to 30 seconds. Now bend your left knee while still keeping its heel and foot flat on the floor. For a deeper stretch, move your foot back a bit farther. Switch legs and repeat.

Front thigh stretch – Standing parallel to a wall for balance, grab and pull one of your ankles toward your buttock while keeping the other leg straight. Hold for 20 to 30 seconds. Switch legs and repeat.
Lifestyle Modifications

Understand that no single drug, natural remedy or lifestyle change will stop all symptoms of RLS. Taking multiple approaches will give you the best results in alleviating your symptoms of restless legs.

Nicotine, Caffeine and Alcohol

Alcohol and tobacco should be used sparingly, if at all, as these substances are known to aggravate or trigger symptoms of restless legs.

A good approach is to try and eliminate the consumption of caffeine-containing products for a few weeks, to see if it benefits you. (Coffee, tea, chocolate, etc.)

Other Tips

Try using over-the-counter pain relievers, such as ibuprofen, to relieve the pain sometimes associated with restless legs.

Soaking in a warm bath, and/or massaging your legs can sometimes relax your muscles and ease your symptoms of restless legs.

You may feel some relief by alternating the use of hot or cold packs. Further, this approach may lessen the severity of the sensations felt in your legs.

Stress can aggravate the symptoms of restless legs. Relaxation techniques, such as meditation and yoga, especially just prior to bed, is helpful to some sufferers.

Lose weight. If you’re overweight, dropping the extra pounds can often relieve or lessen the symptoms of restless legs syndrome.

Fatigue often worsens the symptoms of restless legs. As a result, getting a proper quantity and quality of sleep is critical. It is important to establish good consistent sleep patterns, to enhance the sleep that you are able to get.

You may feel some relief by alternating the use of hot or cold packs. Further, this approach may lessen the severity of the sensations felt in your legs.

Sign up for our newsletters, filled with tips, the latest research and special offers on [http://www.calmlegs.com](http://www.calmlegs.com)
All Natural Calm Legs™

Researchers have discovered that some RLS factors – like nutrient deficiencies, inflammation and bad circulation – can be controlled naturally.

Calm Legs™ provides a safe alternative

Certain organic compounds can “fine-tune” nerves, relax leg muscles, soothe inflammation and boost circulation to help calm restless legs. This RLS nutritional therapy is relatively new, but research shows potential:

- In one triple-blinded, randomized, placebo-controlled study, 37 people with RLS who took 800 mg of the herb valerian for eight weeks experienced improvements in RLS symptoms, reductions in daytime sleepiness and better overall quality of life.
- In one randomized, double-blind, placebo-controlled clinical trial, 60 RLS patients who took Vitamin C 200 mg and Vitamin E 400 mg for eight weeks experienced significant reductions in RLS symptoms.
- In another study, the high-quality Valerian Root used in Calm Legs™ is very effective for easing symptoms of RLS. Valerian Root has been shown to reduce symptoms of RLS and sleep quality in RLS sufferers.

Here’s the real breakthrough: A specific combination of these natural compounds – presented in precise ratios – appears to unlock lasting RLS relief. This combination is found in a patent-pending nutritional supplement called Calm Legs™.
Restless legs sufferers may have multiple nutrition deficiency’s and other factors that may affect their symptoms. Calm Legs™ was formulated to put all of the ingredients into one formulation instead of having to play “hit or miss” with multiple products or individual ingredients.

How Calm Leg™ Works

Restless legs sufferers may have multiple nutrition deficiency’s and other factors that may affect their symptoms. Calm Legs™ was formulated to put all of the ingredients into one formulation instead of having to play “hit or miss” with multiple products or individual ingredients.

Iron - Even without anemia, iron deficiency can cause or worsen RLS. If you have a history of bleeding from your stomach or bowels, experience heavy menstrual periods, or repeatedly donate blood, you may have iron deficiency. Iron deficiency can cause restless legs by lowering brain dopamine levels. Used successfully for over 50 years, iron may be the most well-established natural restless legs support nutrient.

Folic Acid - Folic acid is crucial for maintaining calm, settled legs, especially in deficiency-risk populations like pregnant women and the elderly. In fact, research has suggested that up to 27% of pregnant women experience restless legs symptoms.

Vitamin B-12 - Restless leg syndrome scientific reviews have reported that B 12 deficiency appears to be a cause of restless legs flare-ups. Calm Legs™ supplies Vitamin B 12 to help stabilize nerve fibers and ease the nervous system sensitivity that is associated with restless legs, providing meaningful relief from restless legs.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.
How Calm Legs™ Works

ONLY 6% of patients believed that their RLS symptoms are completely controlled by their current medication(s).

Odessy Survey (2013) Willis-Ekbom Disease Foundation

CALMING THE NEURONS AND THE LEGS TO RELIEVE RLS

Magnesium - calms the nervous system, settling “excitable” neurons while boosting neurotransmitter dopamine production. Magnesium also plays a key role in leg muscle relaxation that is crucial for relief from restless legs. Studies have shown that supplemental magnesium improves quality of sleep while serving as an useful therapy for restless legs symptoms.

Folic Acid - Folic acid is crucial for maintaining calm, settled legs, especially in deficiency-risk populations like pregnant women and the elderly. In fact, research has suggested that up to 27% of pregnant women experience restless legs symptoms.

PROMOTING RESTFUL SLEEP

Valerian - This soothing herb has been prized for its relaxing affects since ancient Greece and Rome. Valerian is shown to accelerate sleep onset, enhance sleep quality and reduce nighttime awakenings. Researchers have suggested that valerian is a safe herb for managing RLS restless legs without side effects.

PROMOTES PEAK LEG CIRCULATION AND ZAPS FREE RADICALS

Vitamin C - Restless legs are linked to bad circulation and unhealthy blood vessels. Vitamin C is famous for promoting flexible, healthy blood vessels. Vitamin C also boosts iron absorption, “regenerates” vitamin E and enhances circulation to the legs and feet. Research has found that vitamin C supplementation brings significant reductions in restless legs symptoms.

Vitamin E - Vitamin E is a restless legs relief multi-tasker that promotes flexible arteries, boosts leg circulation, modulates inflammation and supports healthy nervous system function. Recent research found that vitamin E supplementation was associated with “prompt and gratifying relief” of nighttime leg cramping.

“After trying different medications and suffering through side-effects, changing doses and adding additional medications without permanent results, I am glad I found Calm Legs™ and am seeing results and sleeping all night.”

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.
Managing RLS

Take an active role in the management of your restless legs...

- Learn all you can about RLS so you can make informed decisions
- Modify your lifestyle
- Join a Support Group
- Talk to your doctor about existing health conditions & current meds

Education
Learn as much as you can about restless legs. There are some good resources on the Calm Legs website.

Support Groups
In a support group you can find others who understand your condition and can share their experiences, offering useful tips and solutions and perspectives on how to handle your own problems.

RLS Foundation
Join the RLS Foundation and stay updated on the latest research. http://www.willis-ekbom.org/

Medications
It is important that you aware of the medications that tend to worsen restless legs and get a medical alert card that contains this information.

Medications That Worsen RLS
The following medications (dopamine-antagonist agents & others) may cause significant worsening of RLS.

Anti-nauseates - Benadryl, Antivert, Atarax, Bonine, Compazine, Phenergan, Thorazine, Tigan, Trilatone, Vistaril, Reglan; Safe alternatives: Kytril, Zofran, Transderm Scop patch for sea sickness.

Anti-psychotics - Haldol, Loxitane, Mellaril, Moban, Navane, Prolixin, Risperdal, Serentil, Stelazine, Throazine, Vesperin

Atypical Neuroleptics - approach with caution: Clozaril, Risperdal, Seroquel, Zyprexa. suggested alternative: Abilify (possibly)

Anti-depressants - ALL can cause RLS worsening; Safe alternatives: trazadone, Serzone, Wellbutrin, desipramine (possibly)

Anti-histamines - BEWARE OF ALL sedating antihistamines, especially Benadryl & OTC/Rx comination cold/sinus/cough medications; Actifed, Comtrex, Contact, Dimetapp, Triaminic, TheraFlu, Vicks cough syrup, Tylenol PM, Excedrin PM, Bayer PM, Sominex, Unisom. Safe alternatives: Claritin, Alavert, Clarinex, Allegra, Zyrtec
RESTLESS LEGS DESTROYS QUALITY OF SLEEP, QUALITY OF LIFE AND MAKES IT IMPOSSIBLE TO RELAX

Being in a horizontal position triggers RLS. You dread going to bed or reclining. With Restless Legs, it takes longer to fall asleep. What little sleep you do get is ruined by frequent “kicking” wake-ups that disturb your partner, too.

Restless Leg Syndrome sleep deprivation brings daytime misery: fatigue, brain fog and irritability. Work performance and personal life may suffer.

People with restless legs often avoid travel, for fear of flare-ups while in a plane at 30,000 feet or while highway driving at 55 mph. Sitting through a movie may become unbearable.

Dining at a fine restaurant, reading a book on a beach, or other previously rewarding activities turn into “must-avoid” situations with restless legs.

Relaxation often sparks restless legs flare-ups. Sufferers may feel constantly anxious, always anticipating the next bout of leg twitches, creepy-crawlies and shocks. In addition to anxiety, restless legs is linked with depression, frustration and hopelessness. With no known cause, cure or solution, many restless legs sufferers give up—choosing to simply live with the devastating condition.

You don’t have to live with restless legs symptoms. Calm Legs™ is here to help.

CALM LEGS™ RESTORES RESTFUL SLEEP, EASY RELAXATION AND PEAK QUALITY OF LIFE.

Calm Legs™ features clinically-tested herbs, minerals and natural compounds that dissolve muscular tension, settle the central nervous system, soothe away inflammation and restore key nutrient reserves—helping to improve or reduce restless legs syndrome symptoms.

SAVE UP TO 40% OFF
www.CalmLegs.com
800-382-3410

Try Calm Legs™ for Yourself...
Calm Legs™ settles restless legs
So you can take back your life

- Put up your feet and relax!
- Sit comfortably through dinner and a movie
- Worry-free travel in planes, trains and cars
- Rediscover blissful, rejuvenating sleep
- Safe, natural relief for pregnant moms
- Restore physical energy and mental focus

ORDER NOW!
Resources

Restless Legs Syndrome (RLS) Foundation
819 Second St. SW
Rochester, MN 55902-2985
Phone: (507) 287-6465
Fax: (507) 287-6312
http://www.rls.org/

National Heart, Lung, and Blood Institute (NHLBI)
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: (301) 592-8573
TTY: (240) 629-3255
Fax: (301) 592-8563
http://www.nhlbi.nih.gov/

National Center on Sleep Disorders Research
National Institutes of Health
6705 Rockledge Drive
One Rockledge Centre, Suite 6022
Bethesda, MD 20892-7993
Phone: (301) 435-0199
Fax: (301) 480-3451
http://www.nhlbi.nih.gov/about/ncsdr/

The Southern California RLS Support Group www.rlshelp.com

Calm Legs™ Here you will find all kinds of information on restless legs, with current research and more. www.calmlegs.com/library

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Please consult with your physician or pharmacist for a full list of side effects regarding your medications. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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