

RESTLESS LEGS

SUPPORT™

SYMPTOMS

Restless Leg Syndrome is characterized by leg discomfort that can range from kicking and jerking to tossing in bed to an inability to relax your legs at night or while resting.

INSTRUCTIONS – A Simple Step-by-Step Guide

1st Day – When symptoms appear, take 1 to 2 capsules. If symptoms are not GONE in 30 minutes, take another 1 to 2 capsules every 30 minutes until symptoms completely disappear. Do not take more than 6 capsules in one day.

Note: Taking capsules throughout the day has not shown to decrease the daily occurrence of the symptoms.

2nd Day and Beyond – It is normal to increase or decrease the amount used based on your first day's results and on the severity of your symptoms. For each day following the second day, you should continue adjusting your dose to find your best results. The quantity needed varies from person to person and also from day to day.

The key to our product's effectiveness is in the absorption.

Tip #1

If you're not getting the desired effects, open capsule and let powder dissolve on tongue for a minute. Clear mouth with water or juice.

Tip #2

If you are experiencing watery or loose stools, take capsules with food or decrease dosage by opening capsule and letting a quarter or half the powder dissolve on your tongue for a minute. Clear mouth with water or juice.



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