

an **absolute** cure for

FOR RESTLESS LEGS SYNDROME

Daily Intake

take the following before each meal

Curcumin 500 mg

Cayenne 500 mg

Ginger Root 550 mg

Devil's Claw appx. 2000 mg

Licorice DGL 1 chewable tablet

St. John's Wort 430 mg

Kali Phos #6 4 tablets

Lecithin 1200 mg

Skullcap 850 mg

take the following one hour before bedtime

Zinc 15 mg

Vitamin B12 1 SUBLINGUAL tablet (1000 micro grams)

Omega 3 1 capsule (or 1 tsp. liquid form)

Kali Phos #6 4 tablets

Potassium 99 mg

also include

Magnesium Spread your intake throughout the day (include one tablet before bed). Experiment/research to find the appropriate amount for you. I use a high quality Calcium/Magnesium supplement (the cheaper Cal/Mag products have less absorption and are therefore less effective).

Iron Take one capsule in the morning on an empty stomach. Experiment / research to find the appropriate amount for you.