

# Leg Cramp Spray

NATURAL HOMEOPATHICS



Item# VH-LCF  
2 Fl. Oz

**Product Indication:** For the temporary relief of leg cramps.

**Ingredients:** HPUS; Zincum Metallicum 6X, Belladonna 6C, Cuprum Metallicum 6X, Arnica Montana 30C, Camphora 6X, Chamomilla 3x.

**Zincum Metallicum 6X**

- Weakness, trembling and twitching of various muscles
- Large varicose veins on legs

**Belladonna 6C**

- Shooting pains along limbs
- Jerking limbs, spasms

**Cuprum Metallicum 6X**

- Jerking, twitching of muscles
- Cramps in calves and soles

**Arnica Montana 30C**

- Sore, bruised feeling
- Sprained and dislocated feeling

**Camphora 6X**

- Cramps in calves
- Difficult motion

**Chamomilla 3X**

- Nightly paralytic loss of power

**Dosage:** For adults and children 12 or more years of age, 2 to 3 sprays orally, three times daily, or as directed by a qualified healthcare professional.