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Fight the cramp – fit with MAPURIT®

Many people also have difficulty to fall asleep in this autumnal season and suffer from sleep disorders. They roll around restlessly and impatiently in bed, wander around at night, and often a calf cramp sets in. With this painful cramping of the rear leg muscles, even laymen immediately think that it could be caused by a magnesium deficiency.

In most cases they are right with this diagnosis and seek relief by taking an appropriate preparation, e.g. MAPURIT®. In human metabolism, magnesium plays an important role in all processes in which phosphorylated substrates such as ADP, ATP are important. Together with calcium and phosphorus, it is an important component of bones and cartilage. Magnesium is to a certain extent an antagonist of calcium with regard to the respective concentration in the cell interior and in the regulation of the acid-base balance. But magnesium also has a strong influence on the nervous system and a deficiency can lead to overexcitation, irritation and cramps in times when the patient is under enormous stress, possibly drinks a lot of coffee or alcohol or loses a lot of minerals with sweat. This does not only affect the muscles of the locomotor system, but also the digestive and urogenital tract. In addition, absorption disorders can lead to the deficiency being exacerbated or even triggered in the first place.

Magnesium is a chemical element from the group of alkaline earth metals and is highly reactive, which is why it occurs in nature only in bound form, e.g. as magnesium carbonate (dolomite), or in sea salt as $MgCl_2$. In living nature, magnesium is available to humans and animals in large quantities in the chlorophyll of plants. But this is often not enough because of the above mentioned reasons. Therefore, if you have a tendency to cramp-like complaints, you should always consider the administration of magnesium. A mineral deficiency is often accompanied by an increase in free radicals, which can be reduced by vitamin E. MAPURIT® contains a readily available magnesium oxide with 150 mg magnesium and 50 mg vitamin E per capsule.

Trading forms of MAPURIT®

1 pack of 40 capsules

1 pack of 100 capsules

Recommended consumption

2x daily 1 capsule with a meal



Please observe the instructions for use on the packaging.

Of course, you can still use ALKALA® "S", which contains calcium and potassium citrate in addition to magnesium. Thus generally the intracellular metabolism can be regulated.

Trading form of ALKALA® "S"
250 g powder/can

Dosage recommendation

1-2 times a day 1 slightly heaped teaspoon of 4.5g powder in a glass of water or juice and if possible drink with a meal.

Leptospermusan

Manuka, the cure of the gods

The wild Manuka shrub (*Leptospermum scoparium*) belongs to the myrtle family and is traditionally used by New Zealand's indigenous people, the Maori, as a remedy in the treatment of gastrointestinal complaints, bladder diseases, colds and skin diseases (burns, wounds). The medically active components of *Leptospermum scoparium* are various tanning agents, flavonoids and essential oils.

Within the framework of SANUM therapy, the manuka shrub is available to therapists as LEPTOSPERMUSAN as a mother tincture and in a D4 potency.

According to experience, LEPTOSPERMUSAN is used for:

- Consequences of the apoplexy
- Trigeminal neuralgia, iritis, allergic conjunctivitis
- Respiratory diseases such as colds and hoarseness
- Sleep disorders, general sedation
- Cell Renewal
- gastrointestinal diseases such as gastritis, pylorospasm, constipation, colitis



Dosage recommendation

In acute conditions, take 5 drops orally in a little water every half to one hour, at most 6 times a day.

For chronic forms of the disease, the dosage is 1-3x 5 drops daily

For further product information please refer to the package insert.

Stay healthy!