

# Mary Gugino, Tonawanda, NY

*I'm using Mag phos 6x for leg cramps and it works like a charm. I put four pills in hot water, then take a sip every few minutes. The leg cramps are usually gone within 10 minutes. I've also noticed that instead of getting these pains nearly nightly, they now come only once weekly and are much milder. Joette taught me.*

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