* Review for: Foot Massager for Neuropathy, TENS & EMS Foot Circulation Stimulator for Pain Relief, 10 Modes and 20 Intensities, Relieve Swelling, Cramps, RLS & Plantar Fasciitis  
    
  Very easy to use. Easy to adjust to different levels of intensity. Screen is easy to read. Runs on batteries. Well constructed, easy to operate, comes with batteries. The different modes and intensities feel great. Because of it's lightweight and battery operation, it's easy to take this device with you on vacation or to work. I recommend this product.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO999MkX%2FJPAfoYh7%2BjemMDWSMYmL9UtA%2B2G%2B1HJRNr8AAAAAGgtNlwAAAAB&reviewId=R1LNOC1LTKDMLP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEW6QYBPDFS4GAENFSZDQK4SCJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEW6QYBPDFS4GAENFSZDQK4SCJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Eric](https://www.amazon.com/gp/profile/amzn1.account.AEW6QYBPDFS4GAENFSZDQK4SCJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Quality Foot Massager**](https://www.amazon.com/gp/customer-reviews/R2VGAFQREEAGRQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B0D2RJ8SCN)

Reviewed in the United States on February 23, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Click to play video

I recently got the Foot Massager for Neuropathy for my parents, and they found it incredibly useful after long days on their feet. The massager is made with quality materials that is easily transportable and includes a remote controller. With 20 intensities, it helps relieve their swelling. Usually an intensity of 6-8 is all I need. The TENS foot stimulation has been particularly beneficial for my occasional restless legs syndrome (RLS). My parents have really appreciated the relief and relaxation it provides.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHV2W32WZYTS626M3W46DRMXTQOA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHV2W32WZYTS626M3W46DRMXTQOA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[Cat Lover](https://www.amazon.com/gp/profile/amzn1.account.AHV2W32WZYTS626M3W46DRMXTQOA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for my restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R12T7BD9JKZ5IA/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on January 21, 2025

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I originally left a 1-star review, as I didn't think it helped my RLS. I had been using it for nearly two weeks and didn't use it last night. This morning my husband asked if I used this product last night, and I asked him what he thought. He said "I hope not, 'cause you were kicking me all night!" Well, that's all the proof I need. He said I hadn't kicked him any of the nights I was using it.

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hCsLsjwDn1%2FaFfRoyORhVnsa70hSnjc7ipG1kirEysUOAAAAAGgtNnQAAAAB&reviewId=R12T7BD9JKZ5IA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[CarefulShopper](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Meh...](https://www.amazon.com/gp/customer-reviews/R1X3AKQRBANS3T/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 8, 2025

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this to help with my restless leg symptoms. I figured if it didn't work, at least the oil would be pleasant on my skin. It didn't help for RLS. And it had no discernible emollient. No scent, no oils. Pretty much like water. Maybe that's all a plus for another application, but not what I wanted.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hPryKXklpzbujBju9Dv9Ssq%2FlGwycOSCy0NrxqHkl%2FdIAAAAAGgtNnQAAAAB&reviewId=R1X3AKQRBANS3T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEI4Q4VDFS5N23NPBDGE6Z6GBSQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEI4Q4VDFS5N23NPBDGE6Z6GBSQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[Terri Ikemeier](https://www.amazon.com/gp/profile/amzn1.account.AFEI4Q4VDFS5N23NPBDGE6Z6GBSQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Sleeping much better](https://www.amazon.com/gp/customer-reviews/R8IRXKO20GJ7Y/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on March 16, 2025

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Really helped my RLS,, sleeping much better!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hEHbqHyBMz%2FXAnL2S4pU%2FYYVN7oIzg6wdpRkCuNv0FtQAAAAAGgtNnQAAAAB&reviewId=R8IRXKO20GJ7Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEXWVGOWOBNJM2T5QZYJGIYNGDIQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEXWVGOWOBNJM2T5QZYJGIYNGDIQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[KB](https://www.amazon.com/gp/profile/amzn1.account.AEXWVGOWOBNJM2T5QZYJGIYNGDIQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Actually works](https://www.amazon.com/gp/customer-reviews/RRIVJPXVYTONE/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on September 12, 2023

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Maybe its a placebo effect, but I don't care. it helps. It improves cramping and soreness a lot and also reduces RLS sensations. It's a little sticky and you might want to rinse it off but if you work in education, retail or hospital definitely try this, it helps and works fast. No scent , which I appreciate. I personally would prefer a roll over s spray but this is fine. A menthol version would be a welcome addition for the cooling effect. I take magnesium tablets and my bloodwork is fine so I guess I din't have a magnesium deficiency, but this still helps without having unnecessary effects on the rest of the body.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hBEnEwOgaSJkEMw41juuLRnxExz0MZ9OTmolHYVvkfLGAAAAAGgtNnQAAAAB&reviewId=RRIVJPXVYTONE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHYZVVRFATU5Y4U3XPGOCCPBHUA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHYZVVRFATU5Y4U3XPGOCCPBHUA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[Janine J.](https://www.amazon.com/gp/profile/amzn1.account.AEHYZVVRFATU5Y4U3XPGOCCPBHUA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Shockingly helped my rested legs!!! What a blessing!](https://www.amazon.com/gp/customer-reviews/RXUP6NE0LPSM1/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on June 18, 2022

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve had restless legs most of my life but in the last few years it has been awful! I’ve been on 2 different meds for years but they aren’t working for me. I researched and a numerologist from the Cleveland Clinic recommended Vitamin B9 but suggested to buy the B complex. Next he recommended magnesium, the this magnesium spray. Magnesium pills are too large to swallow so I bought gummy B complex and gummy magnesium. I am FAITHFULLY taking the B complex, magnesium and every night before bed I spray my legs with the magnesium. He also stated to spray the bottom of your feet. As someone who has walked miles around my house during the sleepless nights I promise you this has actually worked for me. I was skeptical but with the RLS so bad I had to try. Check out YouTube for the Dr from Cleveland Clinic

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hMNkf%2BWzWCYeQDDO0hLMBKvUZIOc%2FowZG6RDppNXI7xtAAAAAGgtNnQAAAAB&reviewId=RXUP6NE0LPSM1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFHEUDGVB2PFQHL7VQ27NBTXSXA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFHEUDGVB2PFQHL7VQ27NBTXSXA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[jkssr123](https://www.amazon.com/gp/profile/amzn1.account.AHFHEUDGVB2PFQHL7VQ27NBTXSXA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* dosent work for me](https://www.amazon.com/gp/customer-reviews/RY0B1IZHFE767/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on June 16, 2024

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

got it for my RLS and dosent touch my legs at all sorry to say but the folks gave me a refund and im happy about that thanks folks.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hJDDX22J2yb5zT4tiTe55sWi4RMDLOsVVXVFnh5sRtmhAAAAAGgtNnQAAAAB&reviewId=RY0B1IZHFE767)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVVG7TDOFPFUIYKQ7KXFJUJDBQA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVVG7TDOFPFUIYKQ7KXFJUJDBQA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[A. Penny](https://www.amazon.com/gp/profile/amzn1.account.AEVVG7TDOFPFUIYKQ7KXFJUJDBQA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Dries Sticky](https://www.amazon.com/gp/customer-reviews/R32PA4VPKBYKGB/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 10, 2025

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Disappointed with how sticky it dries. Only tried a couple times and did not notice any difference with my RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hI26HjgD3R%2Fr8Cm87ZOaLEczXV%2FrXghykdeRoA9VGcfRAAAAAGgtNnQAAAAB&reviewId=R32PA4VPKBYKGB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH2PR7CL47HM5SCW4HLGAG7PUVDQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH2PR7CL47HM5SCW4HLGAG7PUVDQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[catherine popowich](https://www.amazon.com/gp/profile/amzn1.account.AH2PR7CL47HM5SCW4HLGAG7PUVDQ/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* So far I am loving this spray](https://www.amazon.com/gp/customer-reviews/RORBPXKG29DKU/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on July 5, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I ordered the Magnesium oil spray because I have restless leg syndrome but also I am getting some upper thigh spasms when I get up in the morning. So far I love it for my RLS but I haven't had a spasm yet so I can't say if it works for that or not. The spray is not real oily and absorbs quickly into the skin. It leaves my skin feeling refreshed. I spray it on after I remove my compression stockings at night. I also spray it on the bottom of my feet because it says it helps with sleep. I have only had it 2 days so I don't know if that is true yet but I will update if it works for sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hK3rzBF2cuNmWgSimUu8V9dBVDFVq3l3iHljUpNPMY2PAAAAAGgtNnQAAAAB&reviewId=RORBPXKG29DKU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECK4DCIZXA44YA2ZSDAFDAHZB3A/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECK4DCIZXA44YA2ZSDAFDAHZB3A/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[Sunshine Girl](https://www.amazon.com/gp/profile/amzn1.account.AECK4DCIZXA44YA2ZSDAFDAHZB3A/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Not bad](https://www.amazon.com/gp/customer-reviews/R661TD9DNQ23L/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 16, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I get restless legs wicked badly and probably about once every day or two. I spray on the backs of my knees and bottoms of my feet before bed, and it helps. It takes about 20 mins to kick in, and it itches and prickles on bare skin unless you put lotion on over it. Other than those caveats, I really like having this handy when I need it. I believe it's used for all kinds of things, but I just use it for the RLS so far. I bought this for both me and my brother, since he has the same RLS struggles. He likes it, too.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hEokT%2BsPNqMQ%2FGa6BlVkV7xNuwHkSxVsFIU4IBErdpvIAAAAAGgtNnQAAAAB&reviewId=R661TD9DNQ23L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4L7MSFZDL22BBFIMACXNHV3CSA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4L7MSFZDL22BBFIMACXNHV3CSA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

[Jean Strope](https://www.amazon.com/gp/profile/amzn1.account.AH4L7MSFZDL22BBFIMACXNHV3CSA/ref=cm_cr_arp_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R1PART00MW4JVY/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on August 22, 2023

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_arp_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this oil on the soles of my feet when RLS starts to bother me. It generally stops the need to move my legs and feet almost immediately. I also take a prescribed medication for RLS and have increased my magnesium intake. I would and have recommended this product to others.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_arp_d_rvw_hlp&csrfT=hLnSXQrpSUpqRDYxRdsabxw6RL3tqVAgwCpERfw5G7uvAAAAAGgtNnQAAAAB&reviewId=R1PART00MW4JVY)

### From the United States

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5EQ75RZNABTCDMF5YXASCTT67A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5EQ75RZNABTCDMF5YXASCTT67A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Erin Poulo](https://www.amazon.com/gp/profile/amzn1.account.AE5EQ75RZNABTCDMF5YXASCTT67A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This spray is magical !!](https://www.amazon.com/gp/customer-reviews/R3SZJT52WFTR0P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 15, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is my second purchase of this spray , and I don't think I will ever stop using it . I have RLS and some nights it is so bad , I have to keep moving my legs continuously. I also have terrible insomnia . I take sleeping medication , and it helps , but I truly believe this spray is magic ! I reccomend it to other people I know that have same issues . The only thing I don't care for is the chalky feeling left on my hands after I rub it in , but I just wash my hands and I'm fine . This is really a must buy item !!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBTy9XCxHHr1YOI820bNAFNUt%2B5jlvBmw0sPVccbCVLMAAAAAGgtNoUAAAAB&reviewId=R3SZJT52WFTR0P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJVZQCDKKK75VOZPCCPI2DZEA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJVZQCDKKK75VOZPCCPI2DZEA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Virginia Lloyd](https://www.amazon.com/gp/profile/amzn1.account.AGJVZQCDKKK75VOZPCCPI2DZEA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Spray](https://www.amazon.com/gp/customer-reviews/R1NI53U8N00UEU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 29, 2024

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe restless leg syndrome. I saw this had received good ratings so I thought I would give it a try. It did not help me at all.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMPdTdhrEH6janzdB31RfwPXv8kWO%2BppW0y1qd3WjWh0AAAAAGgtNoUAAAAB&reviewId=R1NI53U8N00UEU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQEWUDMZRSQZ3LF5PBWIOKAO5EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQEWUDMZRSQZ3LF5PBWIOKAO5EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Catdog66](https://www.amazon.com/gp/profile/amzn1.account.AHQEWUDMZRSQZ3LF5PBWIOKAO5EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Magnesium oil](https://www.amazon.com/gp/customer-reviews/R2YFTBKX2YQITR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on August 7, 2023

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought it to help alleviate my horrible Restless Legs Syndrome. I tried it for as long as I could take it- 3 days . It really did not help but a Magnesium deficiency may not be the problem with me . But I would have tried it longer because I’m desperate to find something that will remedy my RLS , however, this formula left me feeling extremely sticky which just compounded my feeling of discomfort while trying to sleep! So unfortunately I cannot use it. BUT SOMEONE ELSE MAY FIND TJIS STUFF ABSOLUTELY WONDERFUL!! So my review admittedly is very subjective! I’d say try it for yourself!!

[Customer image](javascript:void(0))

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE6RNjlRobnF2nfGEOd7%2FpChqkuL7dvCE4lhGTANOZRXAAAAAGgtNoUAAAAB&reviewId=R2YFTBKX2YQITR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AED7NTRD33KUG6GO7FYCW25H67ZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AED7NTRD33KUG6GO7FYCW25H67ZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kilty Kidd](https://www.amazon.com/gp/profile/amzn1.account.AED7NTRD33KUG6GO7FYCW25H67ZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Its alright](https://www.amazon.com/gp/customer-reviews/ROUTSBFQOZY00/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on July 11, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It does help with my rls but I don't use it often enough to get the full benefit. I don't like how it makes my skin itch but it shows I lack magnesium in my diet. This product doesn't totally help the rls alone so you'll still need to add exercise to the routine. I still use it but not as often, plan to stick to it daily soon.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI%2B0iWwtEr8LeHxaZAdyekOPgs%2Fh7fDzyt89frmfzMl%2FAAAAAGgtNoUAAAAB&reviewId=ROUTSBFQOZY00)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE47F6GUVF26JXUE2BLHADAMB7IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE47F6GUVF26JXUE2BLHADAMB7IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Simone Marie](https://www.amazon.com/gp/profile/amzn1.account.AE47F6GUVF26JXUE2BLHADAMB7IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This oil is a godsend for my RLS and leg cramps](https://www.amazon.com/gp/customer-reviews/R1Z79E0NI4WBV9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on August 10, 2021

[Size: 64 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S5BDP47/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It’s tingling and maybe even stings a bit at first but I spray on 5/6 sprays of this stuff, put on my compression socks and my RLS doesn’t bother me and I can sleep. I decided to get the big container after going through the spray bottles so quickly. It’s one of the more Afforadable brands and high quality! I also use sometimes for back and neck pain!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDD1VnkEcQy8qySFzVsEg8A3ike4YAjcEcm8llzluYH4AAAAAGgtNoUAAAAB&reviewId=R1Z79E0NI4WBV9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWL62U77MMHHU3YW66F7UIYSFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWL62U77MMHHU3YW66F7UIYSFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Elissa H](https://www.amazon.com/gp/profile/amzn1.account.AEWL62U77MMHHU3YW66F7UIYSFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Use for RLS](https://www.amazon.com/gp/customer-reviews/RJFOJUYCTBY17/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on December 18, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was looking for something to help with my restless leg at night and I read about magnesium oil. I purchased this and tried it out. I will say first off I do not enjoy getting this oil on my hands, it has a very unusual feeling that makes me want to go wash my hand asap. As far as it working for my restless leg, yes it has definately helped, this oil even makes me sleepy when I rub on my neck and chest. This was a great buy.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL3LdvfWCT8OCKkCan9Dnh2jMdd83Xac8RiadGuy0hNtAAAAAGgtNoUAAAAB&reviewId=RJFOJUYCTBY17)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH5XAB66SUYRRQS6UURWCFX35TWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH5XAB66SUYRRQS6UURWCFX35TWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Desirai Schild](https://www.amazon.com/gp/profile/amzn1.account.AH5XAB66SUYRRQS6UURWCFX35TWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* As advertised](https://www.amazon.com/gp/customer-reviews/R2BNFBWLOYOS90/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on November 8, 2023

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Probably just me but I didn't notice relief from rls.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDWSPNv7KLLi30Qm6hV5rfe4HJSs%2FwhhdA7tpU2gML7DAAAAAGgtNoUAAAAB&reviewId=R2BNFBWLOYOS90)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJBE5ANZVCQZ7QAOUVOZK5VDV2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJBE5ANZVCQZ7QAOUVOZK5VDV2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[BettyBop3](https://www.amazon.com/gp/profile/amzn1.account.AGJBE5ANZVCQZ7QAOUVOZK5VDV2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Excellent product](https://www.amazon.com/gp/customer-reviews/R35567TP5JI6EB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on August 23, 2020

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was recommended to me to help with RLS and it has worked wonderfully. It’s not the only thing I take but I travelled once without it and realized what a difference it makes for me. I spray on the bottom of my feet each night and it calms my whole body helping me sleep well. My friend who recommended uses on her teen son who swims and gets leg cramps.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJfADwY26Aet1lKbDmNw1kH6ey6wNTpOaD9QGOOEdMXUAAAAAGgtNoUAAAAB&reviewId=R35567TP5JI6EB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2HNAP5UY457DWAOYBZUSHDZ5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2HNAP5UY457DWAOYBZUSHDZ5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[iowa shopper](https://www.amazon.com/gp/profile/amzn1.account.AE2HNAP5UY457DWAOYBZUSHDZ5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relief from leg cramps and RLS!](https://www.amazon.com/gp/customer-reviews/R5B7MCAILJ1LJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on May 5, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I ordered this product for my husband. He suffers from leg cramps and restless leg syndrome. His doctor prescribed medication for the RLS but it hasn’t been effective. The magnesium oil spray has stopped the leg cramps and the symptoms of the RLS are almost gone. He has been able to sleep at night. Great product!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMNXsGXQxH%2B%2FKGWLoPOGc0UQcaQsdCA%2FixbP4TKFpoMBAAAAAGgtNoUAAAAB&reviewId=R5B7MCAILJ1LJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGL7QHOWD6SYNFJLD23S7TMYA43A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGL7QHOWD6SYNFJLD23S7TMYA43A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Pam W](https://www.amazon.com/gp/profile/amzn1.account.AGL7QHOWD6SYNFJLD23S7TMYA43A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/RQS362B3RNS8H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on May 7, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a challenge with restless legs syndrome and insomnia. I read in more then one book about magnesium oil helping with RLS.and sleep.  
I have tried a few other magnesium oils. They have been hit and miss with helping. And sticky. This one is not.  
This oil has been awesome and a life saver so fare. (Ten days ) I have not had RL since using it and I’m sleeping 6-7 hours! Thank you.

##### [*5.0 out of 5 stars* Remarkably effective for RLS](https://www.amazon.com/gp/customer-reviews/R3N8H766FYBS8P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on November 23, 2017

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I will admit to being skeptical, but when restless legs wake you up several times a night and you can't take the medication for it, you'll try anything. So I was delightfully surprised at how well it worked. As soon as the RLS struck the night it arrived, I sprayed it on and rubbed it in... and couldn't believe that it just stopped the sensation. I only have to use it when I need it and it's completely effective. It may not work as well for everyone, but for me it is remarkable.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI%2F%2BglUTSGpxjWMthD8T72ccXukqB%2F67p%2BhyGHP7RbcXAAAAAGgtNqgAAAAB&reviewId=R3N8H766FYBS8P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2UAA6AWS47KKML5RSZBPBLM7MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2UAA6AWS47KKML5RSZBPBLM7MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JZ723](https://www.amazon.com/gp/profile/amzn1.account.AF2UAA6AWS47KKML5RSZBPBLM7MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Such a disappointment](https://www.amazon.com/gp/customer-reviews/R1I0AXRK7W9EFO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on September 15, 2024

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I gave restless legs. When I saw this product and read the rave reviews, I got super excited. Then I received it, used as directed and it doesn’t help. I still have all the discomfort from rls. No relief at all. So bummed cause I’m desperate for some relief. -:(‘

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAetMM7OhCpS0oSB3guFYFqwrjtqTrIRYOQ4g4pzY3ulAAAAAGgtNqgAAAAB&reviewId=R1I0AXRK7W9EFO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEWIIBSR6Y7ALCCD24CIKAWS6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEWIIBSR6Y7ALCCD24CIKAWS6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Barbara Moore](https://www.amazon.com/gp/profile/amzn1.account.AFEWIIBSR6Y7ALCCD24CIKAWS6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works for me.](https://www.amazon.com/gp/customer-reviews/R1E89XKCK7AD17/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 22, 2023

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use it for my RLS every night. You've to use it 3or4 times before you feel it working.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFjFVwF%2BoEtYiIRHO1MMiuLAaQqpe4IYPe7dmSdAFA7HAAAAAGgtNqgAAAAB&reviewId=R1E89XKCK7AD17)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYUJCGRQPNJWNGX7DUGWENDQHUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYUJCGRQPNJWNGX7DUGWENDQHUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Blakmichelle](https://www.amazon.com/gp/profile/amzn1.account.AGYUJCGRQPNJWNGX7DUGWENDQHUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It helps with my RLS](https://www.amazon.com/gp/customer-reviews/R27GVNSUT4GIJK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on September 28, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

YES! I use it since a month and it helps. I use it in addition to all the meds and I really do believe it helps when I use it right ahead when I 1st feel the pain to come. It takes about 10 min and my legs are relaxing. It is a little burn to the skin, but worth the result.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLByxAzXs2xYd7wUhIUVzLotIHZfr0IlyYAGROmC60KJAAAAAGgtNqgAAAAB&reviewId=R27GVNSUT4GIJK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG4BEXJNXO5NJ5CIVHCEKAFNNAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG4BEXJNXO5NJ5CIVHCEKAFNNAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jamie willard](https://www.amazon.com/gp/profile/amzn1.account.AG4BEXJNXO5NJ5CIVHCEKAFNNAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wonderful](https://www.amazon.com/gp/customer-reviews/R3EVPL9SFKHAOE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on May 5, 2021

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have rls and I was at my wots end trying to get so e relief at bed time I did research and came across this. This has been a game changer I get immediate relief all night long. Not oily at all aborbs immediately after.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCblikANitLZAkRxZLFKlTMLjqIDpAEa%2B%2Fn77RFU4IFEAAAAAGgtNqgAAAAB&reviewId=R3EVPL9SFKHAOE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAXKBTEDQDPIP2IM5V67FN3BQGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAXKBTEDQDPIP2IM5V67FN3BQGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MegM2911](https://www.amazon.com/gp/profile/amzn1.account.AGAXKBTEDQDPIP2IM5V67FN3BQGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The best for Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R9PN1L8EVVUZI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on December 1, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have horrible Restless Leg Syndrome and take oral magnesium but it doesn’t give me much relief. I have been spraying magnesium oil on the top and bottom of my feet and my legs from knee down. This has been a miracle product for me and has helped tremendously with my RLS. I will be purchasing this again once I run out.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG6g2K84f91LpK%2BIBRRHW4vh7tiQNy%2F8n%2FbG9GOkWg0KAAAAAGgtNqgAAAAB&reviewId=R9PN1L8EVVUZI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFRV3WOTMXFESAWMAXNW6VYRICWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFRV3WOTMXFESAWMAXNW6VYRICWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Katie Rodaway](https://www.amazon.com/gp/profile/amzn1.account.AFRV3WOTMXFESAWMAXNW6VYRICWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS!](https://www.amazon.com/gp/customer-reviews/R2MQB5LJHRSLCE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on May 9, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve suffered from restless legs for years now and just recently discovered how magnesium can be helpful. When I applied this to my legs and the bottom of my feet, I noticed an immediate sense of comfort and calm. It’s a great product!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGJ2KmOe%2FsPjs7Sof7vs8Vc%2Fn%2FmMbUJyGIEThwVyutPmAAAAAGgtNqgAAAAB&reviewId=R2MQB5LJHRSLCE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEH2NRDSD34C2FYA3XNR34ECUTDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEH2NRDSD34C2FYA3XNR34ECUTDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Pat](https://www.amazon.com/gp/profile/amzn1.account.AEH2NRDSD34C2FYA3XNR34ECUTDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good Stuff!](https://www.amazon.com/gp/customer-reviews/R3B8J4DEI5DGUD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 26, 2022

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this just about every night. It is not oily like others I've tried. I have RLS and nerve damage in my legs and feet, making it impossible to sleep without applying this.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPhTFdtu15k905BaxT2k54YI664nZ0Y8xeN%2F9Dwz6b3iAAAAAGgtNqgAAAAB&reviewId=R3B8J4DEI5DGUD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGRVURJCOGI4PQ2QFKAF4I6FW3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGRVURJCOGI4PQ2QFKAF4I6FW3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Maddie Gienau](https://www.amazon.com/gp/profile/amzn1.account.AGRVURJCOGI4PQ2QFKAF4I6FW3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!!](https://www.amazon.com/gp/customer-reviews/R1D8H2I3BC7PKM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 23, 2020

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was hesitant to order thinking this wouldn’t work- I am pregnant with RLS and My friend told me to order this- let me tell you, this product is life changing. Comes sealed so you know it’s not tampered with & works like a charm!! Great buy.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEDDeWKWpCIAD7FfxhlKAM3dS2sXs%2B4WB2xZw6ljw403AAAAAGgtNqgAAAAB&reviewId=R1D8H2I3BC7PKM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3AYEFJFC4EX4F4TTDTJ37WSI3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3AYEFJFC4EX4F4TTDTJ37WSI3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Pam Silvers](https://www.amazon.com/gp/profile/amzn1.account.AH3AYEFJFC4EX4F4TTDTJ37WSI3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I’m very impressed!](https://www.amazon.com/gp/customer-reviews/R1FQ1RFT9XWI94/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on January 14, 2022

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If you’re tired of all the meds they give you for rls that doesn’t work!! TRY YHIS! Couldn’t believe the almost instant relief!! Cramps over with a just a spray! Unbelievable!

##### [*5.0 out of 5 stars* Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R2P5G8KVT4YCIM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on October 13, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I fight RLS a couple to several nights a week. Since I’ve begun using the magnesium on nights it happens, I have noticed some relief. It isn’t a “magic bullet,” but it seems to help on nights I suffer. Easy to use and apply to specific areas.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL9NsdtvAlE9PNsaDF%2Bs8TBG1OqyA3WtYcdVGGnfHcZcAAAAAGgtNrIAAAAB&reviewId=R2P5G8KVT4YCIM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFHV7O2WUKCXNYI2QYM2HIDYY2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFHV7O2WUKCXNYI2QYM2HIDYY2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[M. A. Belles](https://www.amazon.com/gp/profile/amzn1.account.AFHV7O2WUKCXNYI2QYM2HIDYY2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* a MUST for muscle cramps!](https://www.amazon.com/gp/customer-reviews/R3NRAQZLZTDALO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on July 1, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I get leg and torso muscle cramps. This spray helps almost immediately. I also like the homeopathic Hylands leg cramp & RLS meds, sold here on Amazon.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDQWmcVOytl5TwJp%2FitVJDRrsVdoPhrT1atQ%2F%2BMOLJzAAAAAAGgtNrIAAAAB&reviewId=R3NRAQZLZTDALO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFWPG5MZFMLFUY7DAJT3KJ2HUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFWPG5MZFMLFUY7DAJT3KJ2HUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Laura Supko](https://www.amazon.com/gp/profile/amzn1.account.AHFWPG5MZFMLFUY7DAJT3KJ2HUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work as well that well](https://www.amazon.com/gp/customer-reviews/R17WRCH9GTMN3Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on December 7, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Didn't help with my rls much

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJ5ANlkiGQR45Z3g%2B2L9AhwYQW6ZpTHKM9Nk7BOXC3j9AAAAAGgtNrIAAAAB&reviewId=R17WRCH9GTMN3Q)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDXYHYDQ2YESJ2BJR6MAOGFTX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDXYHYDQ2YESJ2BJR6MAOGFTX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heather](https://www.amazon.com/gp/profile/amzn1.account.AHDXYHYDQ2YESJ2BJR6MAOGFTX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R3EPXA46KV2UCI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on June 14, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Leaves kind of a film on your skin but works great for RLS relief.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFHq10OG39H%2FAr6mYZHY4Ek1lICbshFfslJ0rVHecaU%2BAAAAAGgtNrIAAAAB&reviewId=R3EPXA46KV2UCI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPUS2SCTMPI5HBN4RDOGOEVRGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPUS2SCTMPI5HBN4RDOGOEVRGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CAM](https://www.amazon.com/gp/profile/amzn1.account.AEPUS2SCTMPI5HBN4RDOGOEVRGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works as hoped!](https://www.amazon.com/gp/customer-reviews/R1NNBQ26MACZ77/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on July 12, 2020

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this for RLS symptoms and it works! Will not go to bed without using it. No odor, easy application and inexpensive.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAAYNlPUjxojHGM9r4Ox4%2BwRoa6tob%2FM8V4nvwJ6jzb7AAAAAGgtNrIAAAAB&reviewId=R1NNBQ26MACZ77)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYFI2ONCO4SM2RHC7JWN77J2F4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYFI2ONCO4SM2RHC7JWN77J2F4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Barbara J., Ragland](https://www.amazon.com/gp/profile/amzn1.account.AHYFI2ONCO4SM2RHC7JWN77J2F4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Use in RLS](https://www.amazon.com/gp/customer-reviews/RDC4V4YY92ZDC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on November 16, 2020

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless Legg Syndrome. It was a trial

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPxv90mJUGYUoaohWQxNck6FfilFVhHrV0lTeiQQPzrjAAAAAGgtNrIAAAAB&reviewId=RDC4V4YY92ZDC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG33GQ7U3CNZFU3NJ3JCR6KC2UIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG33GQ7U3CNZFU3NJ3JCR6KC2UIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Miri](https://www.amazon.com/gp/profile/amzn1.account.AG33GQ7U3CNZFU3NJ3JCR6KC2UIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Definitely noticed some relief with RLS.](https://www.amazon.com/gp/customer-reviews/R1W9N4L5S629E5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 22, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This + a magnesium supplement + gabapentin saves me as far as neuropathy and RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGJ%2B%2B8Lbi1ygn%2FS%2FJlJPtETbKuRP8BosDa9bZR9pTUjkAAAAAGgtNrIAAAAB&reviewId=R1W9N4L5S629E5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEDVRRDPNXG4HRM46E2OF7HZUJGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEDVRRDPNXG4HRM46E2OF7HZUJGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mrsaharley](https://www.amazon.com/gp/profile/amzn1.account.AEDVRRDPNXG4HRM46E2OF7HZUJGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So many benefits](https://www.amazon.com/gp/customer-reviews/R1G3TLGJR6B0P9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on June 23, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this oil to help with leg cramps and rls. I have also just started to used it as a toner with a night time regimen I found online.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE0rUm5GhU%2FYtQw1G4KDrH8bJGijtoQ26MrZ6FYJBpeSAAAAAGgtNrIAAAAB&reviewId=R1G3TLGJR6B0P9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPDRHHPYZFGXJPYG47H755CQMJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPDRHHPYZFGXJPYG47H755CQMJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Connie P](https://www.amazon.com/gp/profile/amzn1.account.AEPDRHHPYZFGXJPYG47H755CQMJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Glad to find this. I have horrible RLS](https://www.amazon.com/gp/customer-reviews/RBPPJLQJ5WNV0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 26, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Easy to use. I’ve only used it once but it worked great.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBvOp5GArsVKOMTRwfky6ur0Odyh43Jq4GnJBISBxF4yAAAAAGgtNrIAAAAB&reviewId=RBPPJLQJ5WNV0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGABJ5LV4VQVB7SGWXNZ2RHPWGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGABJ5LV4VQVB7SGWXNZ2RHPWGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Marcie](https://www.amazon.com/gp/profile/amzn1.account.AGABJ5LV4VQVB7SGWXNZ2RHPWGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R2DJODD4ZRWUV8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on March 19, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Takes edge of muscle pain & RLS. Leaves a dusty feeling to your skin.

##### [*4.0 out of 5 stars* Rls](https://www.amazon.com/gp/customer-reviews/R2XRYIJ8BPF9J6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on October 6, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Just what I thought

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJXO1DwMZh5cumjCv2Wty32MGoJLI8wAdvo%2F35HDSV7oAAAAAGgtNrsAAAAB&reviewId=R2XRYIJ8BPF9J6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHJU7L2EYG6MYES4WI2X233236Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHJU7L2EYG6MYES4WI2X233236Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Maureen Cayer](https://www.amazon.com/gp/profile/amzn1.account.AHHJU7L2EYG6MYES4WI2X233236Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps](https://www.amazon.com/gp/customer-reviews/R22EG7R1BAYSXS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 22, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

There are so many chemicals that can be used to treat physical ailments that it is refreshing to find an all natural product that helps relieve the discomfort of RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCGUWzZhWf3LLQXt6AtmhaOtN5tTKZN1c02DAV7po5efAAAAAGgtNrsAAAAB&reviewId=R22EG7R1BAYSXS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGS3ULJZJDVYIKVN5IEFJFKYHYOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGS3ULJZJDVYIKVN5IEFJFKYHYOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Susan](https://www.amazon.com/gp/profile/amzn1.account.AGS3ULJZJDVYIKVN5IEFJFKYHYOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS relief...finally!](https://www.amazon.com/gp/customer-reviews/R1AYT27BHRT1GQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on September 19, 2019

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Suffering with restless legs syndrome and finally found the solution, this stuff is amazing! Thank you for my newly found sleep!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOGsnYImcf2gLOuOLR7Z4PSsL%2BEbhfSc5R68bjTl4E05AAAAAGgtNrsAAAAB&reviewId=R1AYT27BHRT1GQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG6P7AWZRE6IDZA53EOI3M6XHFEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG6P7AWZRE6IDZA53EOI3M6XHFEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jennifer L. Long](https://www.amazon.com/gp/profile/amzn1.account.AG6P7AWZRE6IDZA53EOI3M6XHFEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works](https://www.amazon.com/gp/customer-reviews/R2MFZ05W19CNW5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on November 27, 2020

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It works for my RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBB4LtKLVN3HpL0vAwl%2F2OqtBBJTQU371hOdFweCYo5zAAAAAGgtNrsAAAAB&reviewId=R2MFZ05W19CNW5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2FLIKMRLKLJL7GLEJCSSRWH2SA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2FLIKMRLKLJL7GLEJCSSRWH2SA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Samantha Paige](https://www.amazon.com/gp/profile/amzn1.account.AF2FLIKMRLKLJL7GLEJCSSRWH2SA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Home remedy](https://www.amazon.com/gp/customer-reviews/R3PNOB0X85XQ0A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on May 11, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My Son has RLS and just two sprays of this magnesium oil spray on each foot reduces the symptoms down by 90%

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP7SjwAJSK35SlyIy4%2F6GGaJz1WpmMBpBV9wMq4j29HxAAAAAGgtNrsAAAAB&reviewId=R3PNOB0X85XQ0A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGTE2SOR2GV6VKAHWHX7RI74IEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGTE2SOR2GV6VKAHWHX7RI74IEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lynn Thomas](https://www.amazon.com/gp/profile/amzn1.account.AGTE2SOR2GV6VKAHWHX7RI74IEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Five Stars](https://www.amazon.com/gp/customer-reviews/R3L6Q8H86G38FR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 12, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Seems to be helping with my husband's RLS. All is helping me sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIbi%2BikU9BO3FCOfBUjG5aAv2G659d65FUk3ITTIk8MLAAAAAGgtNrsAAAAB&reviewId=R3L6Q8H86G38FR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJSN7QLFN5JUOONOXJ3C2QYJUUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJSN7QLFN5JUOONOXJ3C2QYJUUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Niña V](https://www.amazon.com/gp/profile/amzn1.account.AEJSN7QLFN5JUOONOXJ3C2QYJUUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Five Stars](https://www.amazon.com/gp/customer-reviews/R2G19FOX1V9IV2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 19, 2018

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Best product for RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBCeLZcHnT4p2VzoWd5v8UAoU%2BjunLb24lkixKnOQ1tgAAAAAGgtNrsAAAAB&reviewId=R2G19FOX1V9IV2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQVAFN5FZDVFRPDCIMMQYYS4QGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQVAFN5FZDVFRPDCIMMQYYS4QGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MichiganFinn](https://www.amazon.com/gp/profile/amzn1.account.AGQVAFN5FZDVFRPDCIMMQYYS4QGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good for RLS](https://www.amazon.com/gp/customer-reviews/R1DM9PVIIPED6O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on February 26, 2017

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

This works good most times for my RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDM8jycKx%2BjeNJOyA6MHxYiGWrQeWflS7rWA%2FX78fs3KAAAAAGgtNrsAAAAB&reviewId=R1DM9PVIIPED6O)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEZK2TCK32XJK6BPGCVLLI5JXIBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEZK2TCK32XJK6BPGCVLLI5JXIBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jumptherope](https://www.amazon.com/gp/profile/amzn1.account.AEZK2TCK32XJK6BPGCVLLI5JXIBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wonderful spray!](https://www.amazon.com/gp/customer-reviews/R3DTFDTH9R03I8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on April 23, 2021

[Size: 12 Fl Oz (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B07S76B9DC/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I did not expect a Magnesium spray would help w my severe RLS or  
sleeping issue that accompanies along w it.  
I did make one mistake though, I used it on shaved legs! Ouch  
Do NOT DO THAT! Although it only stung for a minute, I'd rather avoid it!  
I didn't realize a simple spray could help so much, as I do all the remedies I can think of, such as massaging  
Pain cream, pounding my legs, taking Epsom baths and using my CUBII cycle to release energy.  
All these help, but it's the spray that  
surprised me by working for the RLS  
as well as helping me sleep!  
This spray did leave a bit of a grainy feel on my legs, which didn't bother me, but the directions state you can rinse it off after some minutes and after product absorbed.  
Please read all information about using Magnesium, in any form, in or on your body.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFZ%2BBKw5eKcF38VMX8Yy%2Bfh9uMUfnELSbs9sq45sjO18AAAAAGgtNrsAAAAB&reviewId=R3DTFDTH9R03I8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFDG6ISMROKRKKS4URSJL7UKDAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFDG6ISMROKRKKS4URSJL7UKDAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[rachel valdez](https://www.amazon.com/gp/profile/amzn1.account.AFDG6ISMROKRKKS4URSJL7UKDAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love it](https://www.amazon.com/gp/customer-reviews/R3AKLI3G5AN9T9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on October 29, 2020

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Packaged so well, I was actually impressed. The product itself is wonderful. I have horrible RLS and within an hour I was sleeping so peacefully after applying 5 sprays to my leg.

##### [*5.0 out of 5 stars* Sleep better and RLS relief](https://www.amazon.com/gp/customer-reviews/R1FN94C54PVYO6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on December 25, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Love it! It has helped me with my insomnia and has helped reduce my boyfriend’s restless leg symptoms

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLu2qq%2F%2BhOlz7jg86F1BZz5HAWjqqrSDuxPxqOCqFe6NAAAAAGgtNsgAAAAB&reviewId=R1FN94C54PVYO6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHURYAZS76SDHY7WKXXPCD4UXG6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHURYAZS76SDHY7WKXXPCD4UXG6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Taylor C.](https://www.amazon.com/gp/profile/amzn1.account.AHURYAZS76SDHY7WKXXPCD4UXG6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS!](https://www.amazon.com/gp/customer-reviews/R2VL5S6Z27KGD6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on January 10, 2023

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have struggled with pretty severe (5+ nights a week) Restless Leg Syndrome for 20ish years. I take prescription medication for it, but have found that magnesium helps as well. I have been using this particular one for 6 months and I like it. It seems to help. The does itch a little at first and leaves a slight tacky/oily residue on your skin. The magnesium oil is odorless. I used 4ish pumps on each calf and rub the excess on my hamstrings. Using it nightly for around 6 months, I still have half a bottle left. It is a great price and lasts forever. I will be buying again.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNe3NiD9G%2FELYfUeu%2BsAY1rf%2FT1AaQc45KfSnTRe6TYrAAAAAGgtNsgAAAAB&reviewId=R2VL5S6Z27KGD6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mike + Lynn](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I use this stuff every day for RLS pain in my legs.](https://www.amazon.com/gp/customer-reviews/R1ZT9WBUT2KZBG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01N0KQ9QJ)

Reviewed in the United States on November 6, 2021

[Size: 8 Ounce (Pack of 1)Color: Clear](https://www.amazon.com/Magnesium-Oil-Spray-STRENGTH-Essential/product-reviews/B01N0KQ9QJ/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS relief at night, sleeping. It works to get magnesium in your system to calm leg nerves.  
No odor, no stains. It lasts about 4 hours. Other brands may do the same, but I know this one works.  
Buy USA!!!!

* So far so good. I’ve tried these before and they worked so hoping for the same results.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJ4uMgULdjh0QOfZ2riIz4G8YLr1RMJYsZxV9s9gmo2DAAAAAGgtNlEAAAAB&reviewId=R186WIKN9ZGRIK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEDVAAUMO4OTJTF2WA5OFZ3ECVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEDVAAUMO4OTJTF2WA5OFZ3ECVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Suze](https://www.amazon.com/gp/profile/amzn1.account.AFEDVAAUMO4OTJTF2WA5OFZ3ECVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/R1HTA14MINCOMV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01MU4HMON)

Reviewed in the United States on August 17, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS in my right leg and these pellets help a lot. Highly recommended!

##### [*4.0 out of 5 stars* Magnesium Supplement](https://www.amazon.com/gp/customer-reviews/R34E3YUIN9IAL5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on June 10, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After researching, I started using this to help with Sciatic pain at night. Sometimes I have restless leg syndrome (RLS) as well and thought this might help with that too. I’ve used this product for about a month and I think it’s helping. So far, my sciatica at night has decreased and so has my RLS. Not completely gone but I plan to give it a few months to see if those issues resolve completely. Even a small improvement is still an improvement!

11 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL24xcBne%2BkYwdDBakYPlSIryInuxVw7wIiTUjzR%2Bg6GAAAAAGgtNk4AAAAB&reviewId=R34E3YUIN9IAL5)

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[glenda](https://www.amazon.com/gp/profile/amzn1.account.AHD3X3NO7KQ2V5M6AXFAZLCBXZOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not helpful](https://www.amazon.com/gp/customer-reviews/RO2SUBL5OVQWA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on April 24, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Mag R&R did not help my RLS in fact I my sysmptoms are worse!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAjHWPwVrl6HNfBvhxXAAJmZB8xxydbLTg%2BVFx6b%2B%2FURAAAAAGgtNk4AAAAB&reviewId=RO2SUBL5OVQWA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJH35YDM7HN4H4YTKIOB3U5DADQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJH35YDM7HN4H4YTKIOB3U5DADQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEJH35YDM7HN4H4YTKIOB3U5DADQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relieved my RLS symptoms from the first night .](https://www.amazon.com/gp/customer-reviews/R2FRHDCSEPH2FL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on March 24, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been losing a lot of sleep every night for almost two years due to pain from RLS in my leg. Since I started taking Mag R&R,I sleep like a baby through the night. I have no pain and I wake up refreshed.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLKAHUyn206i9NOafjOAuGgYP5kOn3TqfaK%2BjUQ%2BQf9SAAAAAGgtNk4AAAAB&reviewId=R2FRHDCSEPH2FL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEF4HNZNDPA7ETVEGURYSAQZF23A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEF4HNZNDPA7ETVEGURYSAQZF23A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Connie](https://www.amazon.com/gp/profile/amzn1.account.AEF4HNZNDPA7ETVEGURYSAQZF23A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R23GXH9Q6SBTCQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on October 28, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great, I able to sleep!!! So awesome!!!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDUgBxGx1fdhzt48y3O7S%2FxOXNZ4lsG%2BGRBT7WM0rsRYAAAAAGgtNk4AAAAB&reviewId=R23GXH9Q6SBTCQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3EKJDS7JDO5L2754OLKAAJJ2PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3EKJDS7JDO5L2754OLKAAJJ2PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[charles weaver](https://www.amazon.com/gp/profile/amzn1.account.AG3EKJDS7JDO5L2754OLKAAJJ2PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* it works](https://www.amazon.com/gp/customer-reviews/R2F5639MXPC6X8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on January 16, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product just works for me. It is great taking care of my RLS

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHVXpVM0PW2o8hZBO6MzHHXIGs0%2BY3ZWx9efY0MwxtmzAAAAAGgtNk4AAAAB&reviewId=R2F5639MXPC6X8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7MZJ4VLE6HXLZKQBFG4G6MAEUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7MZJ4VLE6HXLZKQBFG4G6MAEUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AH7MZJ4VLE6HXLZKQBFG4G6MAEUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Partial cure for RLS](https://www.amazon.com/gp/customer-reviews/R3K5Q8MQSW433J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on June 26, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered from RLS for years, its sleep deprivation. This product gave me 4 hours of continuous sleep for a week . Now I have to add Vitamin D and Apple cider vinegar to sleep more than 4 hours

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGPYGzLXRw%2F3ujzqzHmF8CJm9OtBCjlWgrPTI1KJxrzcAAAAAGgtNk4AAAAB&reviewId=R3K5Q8MQSW433J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[GiGi](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with RLS](https://www.amazon.com/gp/customer-reviews/R2LAVRYAYCK7JO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on November 9, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve only been taking the muscle relaxer for about a week but it has helped keep me. I have RLS & this has helped in relaxing my muscles which allows me to sleep through the night. If I do wake up I can now go back to sleep.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNXE7rO1fJDdzsg9SdmogWTXIFEjnaV8q%2FIQx22SUz6DAAAAAGgtNk4AAAAB&reviewId=R2LAVRYAYCK7JO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDKQXM3IPB5MZER3453NSMM3GUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDKQXM3IPB5MZER3453NSMM3GUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHDKQXM3IPB5MZER3453NSMM3GUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Doesn’t help RLS](https://www.amazon.com/gp/customer-reviews/R17LFSBSK66AZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on November 2, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Very disappointed. I based my purchase on reviews,hoping it would help my severe RLS. It does not. I won’t be ordering again..

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDSQ%2BmFyPtKp%2F5y6cPcC1DRqgWTjZfTdmhC6CDupbFieAAAAAGgtNk4AAAAB&reviewId=R17LFSBSK66AZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBJCRCTUTS5SAJVUQ2DI5762WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBJCRCTUTS5SAJVUQ2DI5762WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Genevieve Novak](https://www.amazon.com/gp/profile/amzn1.account.AGBJCRCTUTS5SAJVUQ2DI5762WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Provides some relaxation](https://www.amazon.com/gp/customer-reviews/RVKFJU6YYAX1D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on February 21, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It may work for RLS but isn’t doing anything for my muscle spasms

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA%2Fm2rhP6IVsCzu%2B8E%2By6wMGIcMk0hF%2FuZEZZz34CEYYAAAAAGgtNk4AAAAB&reviewId=RVKFJU6YYAX1D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHANU5E2GXXAVICPST6HWMTVT76Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHANU5E2GXXAVICPST6HWMTVT76Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Margaret C. Metzker](https://www.amazon.com/gp/profile/amzn1.account.AHANU5E2GXXAVICPST6HWMTVT76Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Negligible Result](https://www.amazon.com/gp/customer-reviews/RYSE919T7ASH1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on February 18, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used this product for 2 weeks, and I did not notice any difference in my RLS symptoms. I am having better results now, taking only homeopathic sulfur.

[[](https://www.amazon.com/gp/profile/amzn1.account.AF66Z3QIQXFURJ5GBGJH2DCUQO3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF66Z3QIQXFURJ5GBGJH2DCUQO3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brett](https://www.amazon.com/gp/profile/amzn1.account.AF66Z3QIQXFURJ5GBGJH2DCUQO3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***1.0 out of 5 stars* Didn't work**](https://www.amazon.com/gp/customer-reviews/R2GPCVUQF6IGG0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01BRKA2YU)

Reviewed in the United States on April 23, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was so hopeful that this would help my sleep and RLS but didn't work for me. Expensive and I can't return it :-(

3 people found this helpful

##### [*4.0 out of 5 stars* Huge pills](https://www.amazon.com/gp/customer-reviews/R2COA7Y7ZO672S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on January 8, 2025

[Size: 30 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B09R2DCRMY/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are really big pills. If you have trouble swallowing you might want a different method of taking this. Additionally, the dosage is 3 pills. Saying that and the reason I purchased this is because I read it would help with restless leg syndrome (rls). So far it's working great. An additional benefit is I'm sleeping so much better. Not sure if it's the Magnesium or if I'm just getting more sleep because my legs are not twitching all night. Either way, it's been great!

21 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDOh6SOEHFqZrDLDx81E%2BPTuhGKT3VlGK3ViX7a2WI3FAAAAAGgtNk0AAAAB&reviewId=R2COA7Y7ZO672S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQAQXHF4SU6SVOFD5QRFBTHXEBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQAQXHF4SU6SVOFD5QRFBTHXEBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[colleywog](https://www.amazon.com/gp/profile/amzn1.account.AHQAQXHF4SU6SVOFD5QRFBTHXEBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Very Good Product](https://www.amazon.com/gp/customer-reviews/R22C9FJPVV2EDB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on October 17, 2024

[Size: 60 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B08WPLW4VN/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve been taking magnesium mylate and glycinate for some years now at night for RLS and muscular discomfort and to help me relax. I’m not a good sleeper. The citrate makes me ‘go’ too much. :) But, there being so many types of magnesium, I had wanted to try one (not multiple) with a blend of them since they all provide a function. I landed on this one after searching around. Quite frankly, I like it. It helps me relax and has not taken away from what I want the magnesium for by having a bit lesser dose of them. I am continuing to take this one.

30 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIv93UF0EArwZDu%2FpdlagRS4TP3j3QEx%2BfbYBOqVybIPAAAAAGgtNk0AAAAB&reviewId=R22C9FJPVV2EDB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5FPOI2CQIL52A7NJJKS3MN4ZHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5FPOI2CQIL52A7NJJKS3MN4ZHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heidi](https://www.amazon.com/gp/profile/amzn1.account.AF5FPOI2CQIL52A7NJJKS3MN4ZHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wow! My RLS is gone!](https://www.amazon.com/gp/customer-reviews/R2YGGPWS3OAQQP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on October 28, 2022

[Size: 60 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B08WPLW4VN/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Just one week of taking these and my RLS is gone! I can actually sleep at night! All those years of suffering for no reason. This is amazing.

13 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNg7P3ZepXlgotfefJkI6R0xMJW83B6TIVt%2FsS0qtFvAAAAAAGgtNk0AAAAB&reviewId=R2YGGPWS3OAQQP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFRMAW6BCEVWU3ZTSFFGHYHWMW4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFRMAW6BCEVWU3ZTSFFGHYHWMW4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[C. B. Wackman](https://www.amazon.com/gp/profile/amzn1.account.AFRMAW6BCEVWU3ZTSFFGHYHWMW4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really helps with my RLS.](https://www.amazon.com/gp/customer-reviews/R3SY3KJZVP2SE7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on July 21, 2022

[Size: 60 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B08WPLW4VN/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

As said above, it really helps lessen my RLS, which is what I get it for.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKlJP%2F2HEOoXvOdaoS5dL2jSpdhsLxLVfzPvAlDK4DKMAAAAAGgtNk0AAAAB&reviewId=R3SY3KJZVP2SE7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEILHL5VBLXDMHIZAR25HXZDVHPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEILHL5VBLXDMHIZAR25HXZDVHPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Laurie M. Shusterman](https://www.amazon.com/gp/profile/amzn1.account.AEILHL5VBLXDMHIZAR25HXZDVHPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Exceeded expectations](https://www.amazon.com/gp/customer-reviews/R3UIPPLXZL5L8E/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on November 14, 2022

[Size: 30 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B09R2DCRMY/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My RLS is vastly improved!!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHOpgeinUlYwoIQa8dKAMww36gyiznvG6n3HCk0sAJmJAAAAAGgtNk0AAAAB&reviewId=R3UIPPLXZL5L8E)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJ6WHTMZJ5RQFMMMGJTCDPKNFAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJ6WHTMZJ5RQFMMMGJTCDPKNFAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Haley](https://www.amazon.com/gp/profile/amzn1.account.AGJ6WHTMZJ5RQFMMMGJTCDPKNFAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* No more RLS!!!](https://www.amazon.com/gp/customer-reviews/R34KLTYF8LC596/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on March 13, 2023

[Size: 60 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B08WPLW4VN/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

Okay, wow! - i ordered this brand, based on good reviews. I’m buying my second bottle, and felt it necessary to leave a positive review, as this has helped me more then i had imagined! Not only did it help me get full nights sleep. It’s helped regulate my stomach issues. My skin is looking great, but most of all \*\*It is what i did not realize until i ran out! Magnesium was relieving my horrible restless legs. My last few nights without it have been back to misery. Great thing this brand had super fast shipping! Consider me a fan from now on! I had never taken magnesium before, i can not compare to other brands- these pills were easy to swallow, no bad taste, digested without issue, so far 0 negative effects. Highly recommend!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJg4%2FpLFIXNByshuLToFst3G5bnlw2V845aLTpUZ%2B1t3AAAAAGgtNk0AAAAB&reviewId=R34KLTYF8LC596)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2LCGXL7ZM55F3VTC7LTWUYHTFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2LCGXL7ZM55F3VTC7LTWUYHTFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LESLIE OBRIEN](https://www.amazon.com/gp/profile/amzn1.account.AE2LCGXL7ZM55F3VTC7LTWUYHTFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Like the mix of Mg forms](https://www.amazon.com/gp/customer-reviews/R2HVOAE3PTG6CJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on March 11, 2022

[Size: 30 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B09R2DCRMY/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)**Amazon Vine Customer Review of Free Product**( [What's this?](https://www.amazon.com/gp/vine/help?ie=UTF8) )

Magnesium is one of those supplements that actually works really well for me in terms of improved cramping (RLS), easing of muscle pain, and improved sleep. When I saw this one has 7 different forms (bisglycinate, malate, chelate, sucrosomial, orotate, taurate, and citrate), I thought I would give it a try.  
  
So what did I think?: It seems fine. I got the effects I was looking for.  
  
What they look like: Capsules and in checking, they all seem relatively evenly filled.  
  
Ease of swallowing: As capsules, they were very easy to take.  
  
How well do they work?: Given the contents, I switched it up and took these in the mornings and a different one in the evening.  
  
Overall: I didn’t look initially and the serving size is 2 capsules, which is only a ½-month supply. For me, that’s annoying – extra plastic and other not-really-reusable packaging destined for the landfill. I’d much prefer it if it was a full-month supply.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLevE2%2Fe%2BgWTMqsHthzNQ0hDV2P7ekngoX85ZPx19vVFAAAAAGgtNk0AAAAB&reviewId=R2HVOAE3PTG6CJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOY3KIXSBS2VPW7FEQ75TRLELQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOY3KIXSBS2VPW7FEQ75TRLELQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[OA](https://www.amazon.com/gp/profile/amzn1.account.AEOY3KIXSBS2VPW7FEQ75TRLELQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with my RLS](https://www.amazon.com/gp/customer-reviews/RXCK1PD6VM35D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on March 14, 2022

[Size: 30 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B09R2DCRMY/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)**Amazon Vine Customer Review of Free Product**( [What's this?](https://www.amazon.com/gp/vine/help?ie=UTF8) )

I got this supplement to help combat restless leg syndrome that seems to start up at night while I'm trying to fall asleep. I like that this has 7 out of the 10 types of magnesium in it because honestly I had no idea which type of magnesium to get even after googling all of the types and uses. This also seems to help me relax and fall asleep faster when I take it at night. The only downside to this is you get 30 pills and you take 2 at at a time so it's only a 15 day supply, not a 30 day supply.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBz460izn5sL%2BggGPUPkrEYNfjT6NCCC3CfDdzOHv4kyAAAAAGgtNk0AAAAB&reviewId=RXCK1PD6VM35D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFRRH6BYLMKNECYBUIHBJVAGZBPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFRRH6BYLMKNECYBUIHBJVAGZBPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paige](https://www.amazon.com/gp/profile/amzn1.account.AFRRH6BYLMKNECYBUIHBJVAGZBPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS and sleep aid solution](https://www.amazon.com/gp/customer-reviews/R2X8JZUQU90XQH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08WPLW4VN)

Reviewed in the United States on November 1, 2022

[Size: 30 Count (Pack of 1)](https://www.amazon.com/Magnesium-Breakthrough-Supplement-4-0-Bisglycinate/product-reviews/B09R2DCRMY/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

Wow! I was taking gabapentin for restless legs previously and wanted to get off of it. I heard about this magnesium not even knowing it could treat restless legs and it’s been amazing! I have been sleeping great, my body is so calm and relaxed. Not to mention it has helped tremendously with stress and anxiety.

##### [*4.0 out of 5 stars* Just a few days](https://www.amazon.com/gp/customer-reviews/R29VJO3GZOGP2G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 31, 2025

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So far so good. I've noticed sugar cravings have gone down and it's only been 4 days. I try to use it before I go to bed but I have to wash it off in the middle of the night. I have bad resting leg syndrome and my legs have been jumpy for so long I thought nothing would help. This has tamed it significantly in the few days I've been using it. Suggesting this to anyone with RLS.

[](javascript:void(0))

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAdw8VLyxrJ%2BDrJ7hMtzlFXeWXdneR%2BUWKemsBMCC1sOAAAAAGgtNksAAAAB&reviewId=R29VJO3GZOGP2G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGMEUKATBQ3EXM2NWCISWGXDSTHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGMEUKATBQ3EXM2NWCISWGXDSTHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGMEUKATBQ3EXM2NWCISWGXDSTHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I was skeptical, but bow](https://www.amazon.com/gp/customer-reviews/RCEPMZ367EXTY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 17, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So, I struggle with muscle spasms and insomnia but most recommended supplements do not help. I tried this oil to help with sleep. Didn't notice any immediate difference, but I also have restless legs syndrome and nothing ever helped it. UNTIL THIS OIL!!! I had a rough night of RLS, got up in the middle of the night and sprayed this to the bottom of my feet. Minutes later I felt my legs calm down, tingling and jumping slowed, and eventually the RLS feeling went away. I slept that night. Two more nights of exactly the same reaction then I ordered the big bottle!! Thank you Seven Minerals.

15 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC6BsEpU6dzevR16uiGEp43ti2i2TkYINaEi0TvfDS%2BoAAAAAGgtNksAAAAB&reviewId=RCEPMZ367EXTY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQA4CKBHWC2KYQNVEYHENPCBFKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQA4CKBHWC2KYQNVEYHENPCBFKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[aflahylander](https://www.amazon.com/gp/profile/amzn1.account.AHQA4CKBHWC2KYQNVEYHENPCBFKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Highly recommend](https://www.amazon.com/gp/customer-reviews/R28KTP1YGZEP9G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 6, 2025

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After years of RLS and poor sleep. Use nightly and I have been able to get a more restful sleep, because I'm not waking up with leg cramps and movement. Gone from getting 3-4 hours of sleep a night to 6 hours. Not waking up tired. Highly recommend.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJtBNwYXlnFXW4s2s1ozN%2Fbkvht3%2BnkOpUq4NoBei8G%2BAAAAAGgtNksAAAAB&reviewId=R28KTP1YGZEP9G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQZJPZMQDRDEAWF4IQDIQRZ4ZWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQZJPZMQDRDEAWF4IQDIQRZ4ZWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Donna D](https://www.amazon.com/gp/profile/amzn1.account.AFQZJPZMQDRDEAWF4IQDIQRZ4ZWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I really didn't expect it to work so well!](https://www.amazon.com/gp/customer-reviews/R1MV4SKJCX3CZ7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 22, 2016

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been using this oil for about a month now. I know about how the American diet does not provide enough magnesium for most of the population. I have had Restless Leg Syndrome for years, and have gone so far as to take strong medication meant for Parkinson's to ease the misery. When I learned that RLS can be helped by magnesium, I started to try it.  
  
In the beginnign took cheaper Calcium-Magnesium-Zinc supplements, which helped a little. I found that it's not optimal because it uses magnesium oxide, which is apparently a lesser form of magnesium. I wanted more  
  
Enter magnesium oil. I had low expectations, but I was willing to try. I sprayed it, as suggested, on the bottoms of my feet and areas of pain. My chronic pain is in the neck/shoulder area (too much computer!). I let it dry and went to bed.  
  
I felt pretty good in the morning. I sprayed again right after my shower. It stung a little (as the label said it would), but not a big deal. What was a big deal is that I suddenly noticed at around lunch time that my usual neck/shoulder misery wasn't there. I was amazed. That night, my legs left me in peace. Realizing that I was on to something, (I know, I'm smart that way) I started regular use. On days I sprayed, I felt great. On days I forgot, the usual pain was back.  
  
Okay then! I'm creating a new habit of spraying this stuff every day.  
  
I was surprised when I was getting a pedicure, my nail lady said the bottom of my feet were peeling. So they were - a lot. Because it dries the skin out, I am now using a moisturizer on the areas that I spray. Small price to pay for being able to hold my head up without pain.  
  
I love it when a product exceeds my expectations. Seven Minerals has done just that. Well done!

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBePbVGxXm64ksVaLOHNCLn909RIS0usA5CHVaKfuV%2BwAAAAAGgtNksAAAAB&reviewId=R1MV4SKJCX3CZ7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSATTUMVBCX4EISVME2CORIPBWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSATTUMVBCX4EISVME2CORIPBWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LinCas](https://www.amazon.com/gp/profile/amzn1.account.AFSATTUMVBCX4EISVME2CORIPBWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!!!](https://www.amazon.com/gp/customer-reviews/RGSPDSFRSQAN0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 3, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Obviously do your own research and if you have health issues or unsure if it would be safe for yourself, please check with your doctor. With that being said, this stuff works for me! I’ll never be without it! I suffer from RLS really bad and I get cramps in my calves that keep me from sleeping. I had tried so many things for the RLS but most nights I would get very little sleep if any at all. I came across this magnesium oil and thought, what the heck I’ll try it. Thinking of course it would not work and it would be just one more thing I tried. However, that first night I used it, I slept all night. I did wait until my legs were actually bothering me and within 10 minutes or so I was no longer wanting to kick my legs around and scream. If you have RLS you know what I mean. This is my se one bottle actually. It lasts forever, my first bottle was still nearly full but my mother in law had been suffering a lot with the same things as me so we had her try it and it works amazing for her also. She is smart and runs it in before there is an issue at night. I’ve also used it for my kids sore muscles after work outs and I’ve rubbed a little on my temples when a feel a headache coming on. The oil absorbs and I have not noticed and issues with it rubbing off on my sheets at night. I will say that when I go a while without using it, the first time respraying leaves my legs a little itchy but within a minute or two it goes away. Try it out!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMiEAr4W7bO9Z8vRv3hAwcgSPsoZvllKXhr6F3kULxAcAAAAAGgtNksAAAAB&reviewId=RGSPDSFRSQAN0)

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[mizz sassychic](https://www.amazon.com/gp/profile/amzn1.account.AHM6GGW6OZVSA2MOHXJ32RN5WYBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS and other muscle aches](https://www.amazon.com/gp/customer-reviews/R2QF0VFY4QM76T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 24, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I'm very happy with this purchase. The salt from it can feel prickly but the sensation doesn't last long and the effects of this product are so great. I think it works best on mild to moderate muscle aches but definitely works on restless legs and muscle cramps. It works so fast too

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOkCJ1GNQc3SyK6i6e4113jybt8Pbz%2FnBUZULpYhCwutAAAAAGgtNksAAAAB&reviewId=R2QF0VFY4QM76T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5RJMOVB2NKUBKZJSKDBFLMLWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5RJMOVB2NKUBKZJSKDBFLMLWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jeanne Sayre](https://www.amazon.com/gp/profile/amzn1.account.AE5RJMOVB2NKUBKZJSKDBFLMLWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great for jumpy legs!](https://www.amazon.com/gp/customer-reviews/R3FL3NK1QON9HX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 13, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I often times get RLS in the night. I now proactively spray 5-6 pumps in the palm of my hand and massage into each foot and leg just before bed. No more RLS! I just read the label on my second bottle that it’s important to moisturize after application. Dry skin was my only concern before. I now know it’s ok to help combat that with a bit of moisturizer. Love it!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHeVur8EUpXMwE%2BXNMnumUS0zdM7h%2Bkbz%2FbkFVp44BxQAAAAAGgtNksAAAAB&reviewId=R3FL3NK1QON9HX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYXMDNLD2NKUPIHH6U3ST7HVBVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYXMDNLD2NKUPIHH6U3ST7HVBVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Carmen](https://www.amazon.com/gp/profile/amzn1.account.AGYXMDNLD2NKUPIHH6U3ST7HVBVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Finally fell asleep within minutes!](https://www.amazon.com/gp/customer-reviews/R1AKSIWTHRKMWA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 12, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For the past 3 weeks my RLS has been so bad I only fall asleep out if sheer exhaustion. I used the 7 Mineral Pure Magnesium oil last night and after just a few leg jerks had enough relief to fall asleep and stay asleep all night. I only gave it 4 stars because it was my first try, which was great considering i fell asleep within a few minutes compared to hours in the past. I will continue using it and will post another review with an update. .... As a second day follow up, I just wanted to say that I dont know if it's because of the quality of sleep I've gotten these past couple of days, that I'm finally getting the levels of magnesium my body needed or a combination of both, but I feel great. I know that it is because of the oil since nothing else helped. Thank you!...It's been several weeks and I couldn't be happier with this product. I tell anyone who will listen how much it's helped me. I wasted so much time taking magnesium supplements, which I later found out that the body doesn't absorb unless taken in combination with other supplements and even still may not be absorbed enough to make a difference. Have only had a couple of nights when I feel 1 or 2 leg jerks just after laying down, but then it goes away. I no longer fear going to bed and waiting for the RLS to kick in and drive me crazy.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJ4%2B1HD5dqIJHoUEjxSJaOe8S0Gd4W87IjJIsgFXYYdMAAAAAGgtNksAAAAB&reviewId=R1AKSIWTHRKMWA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWOCYZN6CLPFBWPDTZFBZ6DRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWOCYZN6CLPFBWPDTZFBZ6DRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jessica McGinnis](https://www.amazon.com/gp/profile/amzn1.account.AHWOCYZN6CLPFBWPDTZFBZ6DRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Great Product! Works Well](https://www.amazon.com/gp/customer-reviews/R11C3K26LFY5M1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 7, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had been looking for something to help me sleep. After reading the reviews on this, I decided to give it a try. The product did in fact work with helping me sleep. Within 15-20 Minutes of rubbing it on my feet, I would start to get sleepy. I did also feel like the quality of my sleep was better as well. My husband is a diabetic and has RLS. He said that it did seem to help with his symptoms as well. Overall, I'd rate the product 4 stars. The only reason I'm not giving 5 starts is because after about 1 week of use, I noticed my feet started to get really itchy and started peeling really badly. I think that could be just a reaction for me personally as it didn't seem to affect my husband in the same way.

28 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP3cfFmgsKQ7poQ2rrSGvZxdFCc5UIIbAZZ5DcbepsH%2FAAAAAGgtNksAAAAB&reviewId=R11C3K26LFY5M1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEZHFZ4TLLA3KPM7XKL2HWOOPJWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEZHFZ4TLLA3KPM7XKL2HWOOPJWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Denise](https://www.amazon.com/gp/profile/amzn1.account.AEZHFZ4TLLA3KPM7XKL2HWOOPJWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* You will not regret buying!!](https://www.amazon.com/gp/customer-reviews/R1FO8Z761XI2LI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 9, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My first experience with the Seven Mineral Aloe Vera Gel is by a friend who lent me some to relieve the itching from the mosquito bites, and the mild sun burn I had on shoulders. It worked great so I had to order some for myself.  
In the process of looking thru your products, I notice you guys sold Magnesium Oil, which caught my interest because I suffer with Insomnia, RLS, neck n back fusions, and Fibromyalgia. Why not give it a shot since I already take the supplements.  
I use it at night. I spray it back of my neck, lower back, and bottom arch of my feet. It itched my neck n back like crazy a good week and then it proceeded to get mild from then on. It definitely helps with my restless legs syndrome. I've noticed being more relaxed and able to fall asleep but not able to sleep solid... still helpful. For my neck, definitely prefer magnesium oil than what I was using before because I'm not as stiff n soar as normal when sleeping n especially in the mornings. I notice spraying on my lower back I'm not having to adjust my position as much due to pain. So all said n done, great product too and definitely a return customer!

##### [*3.0 out of 5 stars* Pain/Restless Leg/Neuropathy](https://www.amazon.com/gp/customer-reviews/RWOSOLFEPL71U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 31, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It may have worked on my sciatic nerve, but don't believe it helped with RLS or neuropathy.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGgYKgs2fzi3hSBVQ3OUQySngVxPJCX4shRH%2BtuxTd4TAAAAAGgtNwgAAAAB&reviewId=RWOSOLFEPL71U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPJ72JEMSSD3YXPB2EDHXLBYUCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPJ72JEMSSD3YXPB2EDHXLBYUCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brittany Griswold](https://www.amazon.com/gp/profile/amzn1.account.AEPJ72JEMSSD3YXPB2EDHXLBYUCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* No exchanges or returns- Spray bottle doesn’t work properly- can’t return or exhange](https://www.amazon.com/gp/customer-reviews/R204Q53GLMUQDB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 17, 2025

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’m out $20 bc the spray bottle doesn’t work. I use it before bed for RLS and it’s just not worth the fight of the bottle vs whether it actually even works…. That’s how annoying the bottle is

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEBrWx6TYgVzDSuyS4VxcARVU8KlP94a9PMWt8YNGf32AAAAAGgtNwgAAAAB&reviewId=R204Q53GLMUQDB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZ4JAI3QS3P4YLG3DZQNPMCIQOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZ4JAI3QS3P4YLG3DZQNPMCIQOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lillian E. Maeder](https://www.amazon.com/gp/profile/amzn1.account.AHZ4JAI3QS3P4YLG3DZQNPMCIQOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS - Magnesium Review](https://www.amazon.com/gp/customer-reviews/RQETVE437L7B5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 18, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Right now I can't really rate it as I just received it & used it one night. I like the fact it last for 9 mos. RLS is quite bizarre as I myself don't even know my feet & legs are moving. My husband informs me in the mornings after. So, until he actually witnesses my feet & legs have stopped after a certain period of time, I can relate that in a future review.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE1zIZT7l%2Fyq8dY9b6gqFbB0csxxxyAoLz%2BTlYWEo9g0AAAAAGgtNwgAAAAB&reviewId=RQETVE437L7B5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAUDGKB7L6LLEIZROUMJ3ZZJ74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAUDGKB7L6LLEIZROUMJ3ZZJ74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Windsprings](https://www.amazon.com/gp/profile/amzn1.account.AGAUDGKB7L6LLEIZROUMJ3ZZJ74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It Works!](https://www.amazon.com/gp/customer-reviews/R178DI0BR096UZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 17, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently read about the wonder mineral Magnesium and how it helps with pain management.  
  
I received my shipment yesterday and just after only two applications; I have already experienced relief with my RLS problem. I am trusting that this will be what I need as the magnesium levels increase in my body, so will my relief from the debilitating pain I experience daily. Th;ank you 'SEVEN MINERALS' for giving me a measure of hope and continued relief.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNxc0p9qvx91RhnkLCEYj4zkc7OBLEqgAngzcARiO5LEAAAAAGgtNwgAAAAB&reviewId=R178DI0BR096UZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF7FPMPFRPSJV2J4NZHGE5BBMKEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF7FPMPFRPSJV2J4NZHGE5BBMKEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Marc Powers](https://www.amazon.com/gp/profile/amzn1.account.AF7FPMPFRPSJV2J4NZHGE5BBMKEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Effective](https://www.amazon.com/gp/customer-reviews/R1G5O3JCEY0ZPU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 10, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It works. I’m pregnant and have RLS and calf cramps. If I remember to use it preventatively it heeds all symptoms, if I forget and have to use it reactively, it works in no time. Stops RLS altogether, lessens cramps almost completely I only feel the tightness of my muscle (because I don’t stretch enough) rather than it turning into a Charlie horse. SO GRATEFUL TO THIS PRODUCT, I can sleep because of it. Only dislike is the feeling on skin and hands after rubbing it in, not sure if all magnesium oil does this, this is the only one I’ve ever tried. I hate the feeling of my sheets against my legs after I put this on, and my hand is clammy so I usually rinse it when I’m done rubbing it in. HOWEVER, will continue to use. The 12oz bottle seems like it’ll last a life time. Ingredients seemed more pure than others on market. My picture displays ingredient and shows size compared to a popular soap company.

[](javascript:void(0))

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCPVUCkQ6kWXfiGFa1aiOrksv%2F1jmiVzDkp9qoBAnRP6AAAAAGgtNwgAAAAB&reviewId=R1G5O3JCEY0ZPU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE6Z34JR5ZVPX57DXBG5ZR5ST6RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE6Z34JR5ZVPX57DXBG5ZR5ST6RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Shawn](https://www.amazon.com/gp/profile/amzn1.account.AE6Z34JR5ZVPX57DXBG5ZR5ST6RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wow!](https://www.amazon.com/gp/customer-reviews/RT8KMTJ54UQM7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 27, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Haven't had a good night sleep in a long time! Until now! No more leg cramps or wife waking me with her rls! Great product!! Thank you!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBKK0YUL1MXuH5IWUeDNJomeCC7TR0gB%2FbEL%2BF6tan3nAAAAAGgtNwgAAAAB&reviewId=RT8KMTJ54UQM7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGF2I6ZMK5USJ6Z3RZGCB5T7YBWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGF2I6ZMK5USJ6Z3RZGCB5T7YBWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ollie](https://www.amazon.com/gp/profile/amzn1.account.AGF2I6ZMK5USJ6Z3RZGCB5T7YBWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R3HZ9H0VPMZ6LR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on May 30, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I stumbled across this randomly. I have had bad RLS for decades and was one prescribed magnesium pills that did absolutely nothing. I thought this oil would somewhat help at best so I was absolutely shocked that my legs calmed down within 2 minutes the first night I tried it. It's pretty weird but I'm sleeping a lot better. It's like it just puts your legs to sleep. I have many family members with RLS and am telling them all to try this

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFSzcr7m3ci%2BFe3ddpTkOLcCFe24IF34MaEjcmYb8KtpAAAAAGgtNwgAAAAB&reviewId=R3HZ9H0VPMZ6LR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVWT67L2AJFPDOEZPBRPUYWSGGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVWT67L2AJFPDOEZPBRPUYWSGGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anon](https://www.amazon.com/gp/profile/amzn1.account.AEVWT67L2AJFPDOEZPBRPUYWSGGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Made my RLS worse](https://www.amazon.com/gp/customer-reviews/R2ELEMQRHVRA4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 18, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Made my Restless leg problems began immediately upon lying down. I'm sure the product is fine but definitely did not help my issue.  
  
Suggestion for RLS - Last night I drank a small amount of tonic water with quinine. Had a little more 1.5 hours later when I woke. Slept 10 hours. My legs twitched twice.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJyQXhJPyVqY4uqKxqWx2dUQkA9UL0FeYPggtTuKsa0lAAAAAGgtNwgAAAAB&reviewId=R2ELEMQRHVRA4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEKOLMKCGHHXYIIHAPC3HR5G2NZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEKOLMKCGHHXYIIHAPC3HR5G2NZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jack wilson](https://www.amazon.com/gp/profile/amzn1.account.AEKOLMKCGHHXYIIHAPC3HR5G2NZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Temporary Relief from RLS](https://www.amazon.com/gp/customer-reviews/R3G4Y3YE2JYKKV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 13, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

People with RLS know there is currently NO PERMANENT SOLUTION, but this product does seem to help for temporary relief (maybe a couple of hours sleep results) I rub a solution of this spray onto the calves of my legs, feet, ankles just before bedtime and then put on my socks that cover the entire leg up to my knees. It does seem to help for a couple of hours at least. Meanwhile I suggest becoming a founding member of rls.org.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJaPgGeH4tAC6uHxCup3COZjQt5oht8j7Y2mx9CKLWfFAAAAAGgtNwgAAAAB&reviewId=R3G4Y3YE2JYKKV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEYJINSOOPQQUWL6L4YKGVIMDXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEYJINSOOPQQUWL6L4YKGVIMDXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Deanna McCarter](https://www.amazon.com/gp/profile/amzn1.account.AHEYJINSOOPQQUWL6L4YKGVIMDXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far so good](https://www.amazon.com/gp/customer-reviews/R2IQ37VAJRR0CC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 24, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband has restless legs. A friend told us about this product. Last night was night #1. It didn’t stop the RLS but we will be continuing bc it says it may not happen overnight.

One person found this helpful

##### [*4.0 out of 5 stars* Helpful? Not sure.](https://www.amazon.com/gp/customer-reviews/RO2LP6CU0U47K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 5, 2017

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am a passionate convert to magnesium supplementation ever since oral supplementation vanquished severe restless leg syndrome (so severe that unpleasant leg jerking seemed to include my spine.) After a year of taking oral magnesium, the RLS simply isn't a factor, and I'm sleeping better than I have in years. I wanted to try the spray for local relief, but the jury on that is out. I don't think one can OD on magnesium, and I'm sure a little more absorbed through my skin can do nothing but help, but I don't notice pain-relieving effects, at least not so far. And it does tend to be drying. I'd say give it a try - it can't hurt and it might help.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLG3XlsAbrNbw%2FwL8dgmShyeflJcKzSNVcMCwWh%2FoNV8AAAAAGgtNxcAAAAB&reviewId=RO2LP6CU0U47K)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHITKORLTCIEOTXDMIH6KTKG5SSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHITKORLTCIEOTXDMIH6KTKG5SSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ronald Albury](https://www.amazon.com/gp/profile/amzn1.account.AHITKORLTCIEOTXDMIH6KTKG5SSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really helped my Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R115MI5VCLPG4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 12, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Nothing has really helped my RLS ... until this. I had my doubts, but another reviewer said it helped his condition and so I decided to try. This REALLY helps!  
  
I find it easiest to spray on my hands and then massage the oil into my legs. If I try to spray directly on my legs I always end up making a mess.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMhPNVtoyx%2BLsJnUd0%2BIz9x01meNBNGt%2FR%2FDDihbSUb2AAAAAGgtNxcAAAAB&reviewId=R115MI5VCLPG4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHBTBGE6XICKRWJ6OI6EISRIKDMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHBTBGE6XICKRWJ6OI6EISRIKDMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[NeuroCare Medical Billing](https://www.amazon.com/gp/profile/amzn1.account.AHBTBGE6XICKRWJ6OI6EISRIKDMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works amazing for joint pain!](https://www.amazon.com/gp/customer-reviews/R1GCC8E5H6YD8D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 18, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was not sold on this for RLS. I got it for my husband who has RLS and he has not seen relief with it. HOWEVER… I have severe pain in my hand from years of typing. I thought, what the heck, let me try it. ALMOST INSTANTLY…. Pain relief!! I will buy again just for this! The only thing to mention is if your skin is dry, it burns but that out weighs the pain!

6 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLgMio9cZN7OvaXcslBDyP%2BBwkl2qK22z5rI0uPZU%2FChAAAAAGgtNxcAAAAB&reviewId=R1GCC8E5H6YD8D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFLEBD5UFFAQ6WIRWI4TG6DLPZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFLEBD5UFFAQ6WIRWI4TG6DLPZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AFLEBD5UFFAQ6WIRWI4TG6DLPZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Excited to try](https://www.amazon.com/gp/customer-reviews/R137QQ0USLXV51/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on May 22, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bottle is bigger then I thought haven’t tried as I just got it today but hope it works for my rls

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAfgrELOYPLCJ0a7%2Fu7ZaMEGEm2iG9u87ejz7MIPWHp1AAAAAGgtNxcAAAAB&reviewId=R137QQ0USLXV51)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF7OUTDGAQPIINVLBHZEBZO4I3GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF7OUTDGAQPIINVLBHZEBZO4I3GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Annette](https://www.amazon.com/gp/profile/amzn1.account.AF7OUTDGAQPIINVLBHZEBZO4I3GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Within 15 minutes— relief at last](https://www.amazon.com/gp/customer-reviews/R3J1V1GKFGEQ7K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on May 4, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My restless leg has always been an issue. My whole family gets it at times but after I turned 60 it is really hard to fall asleep with it. I take hot baths, exercise, walk around, all in the middle of the night. This product just arrived. Within 15 minutes at bedtime — no RLS. I actually just laid there waiting for it to hit. Just a relaxing feeling. I did both legs and under my feet. I had to put my legs before it dried under the blanket because my cat would not stop licking the oil. Thank you for amazing product

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA3jv6ClipS62raVkilnr%2BOPxQyyMaFTUeS%2BL7oavUMkAAAAAGgtNxcAAAAB&reviewId=R3J1V1GKFGEQ7K)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJI273MG5N5ABET72IQCXLMWIIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJI273MG5N5ABET72IQCXLMWIIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jolene](https://www.amazon.com/gp/profile/amzn1.account.AEJI273MG5N5ABET72IQCXLMWIIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Still evaluating on RLS but it's helped back, neck and knee pain](https://www.amazon.com/gp/customer-reviews/R3KDOO5NHZYQBP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 8, 2015

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Actually, I am still evaluating. I bought this for RLS, as I have extremely active Restless Legs Syndrome and sleep issues. I believe it is helping. However, I rubbed some on my lower back (back pain for years) and shoulders/neck and was very surprised when the pain/soreness decreased significantly, and very fast. I also tried some on my knees. I took some to a friend who has very sore knees, and she is going to try it also. I never expected this, and didn't have a lot of confidence that it would help with the RLS, but I am pleasantly surprised. It does sting/tingle a bit, but that doesn't bother me in the least. However, I am going to get the Aloe Vera version to help with the "saltiness" of the after application. Bottom line, I think I am going to be a big believer in this stuff. And it was delivered fast, packaged beautifully.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNEZAKzMIXX3%2FQ9TjuBiDC%2FLBlKVLa0Wyo5StH98jktwAAAAAGgtNxcAAAAB&reviewId=R3KDOO5NHZYQBP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG77ALXZHNXUHV7OJCFSB6FCSKKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG77ALXZHNXUHV7OJCFSB6FCSKKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Scott](https://www.amazon.com/gp/profile/amzn1.account.AG77ALXZHNXUHV7OJCFSB6FCSKKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It really worked](https://www.amazon.com/gp/customer-reviews/R1AFCHDL9UWK2U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 16, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Well I’m deficient in Magnesium, my legs definitely were tingling and itching. Once I got past the sensation and rinsed my legs, I slept well. My restless legs finally rested. My midwife recommended this product for the RLS during pregnancy. Thank you!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCWAz2HI%2BLxDM0tDL5P3hj%2FxcVXqS51HWA6vO1K0gb6MAAAAAGgtNxcAAAAB&reviewId=R1AFCHDL9UWK2U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4QJ7GSGNGXDHY4P7GSOSEZL6LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4QJ7GSGNGXDHY4P7GSOSEZL6LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[FM](https://www.amazon.com/gp/profile/amzn1.account.AF4QJ7GSGNGXDHY4P7GSOSEZL6LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Not what I expected](https://www.amazon.com/gp/customer-reviews/R176W8PUL0GVHO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 28, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Purchased the item for feet pains and RLS. It didn’t work for either. My biggest complaint is it leaves an oily film on my skin, causing my clothes to stick to my skin and the worst thing it all the bedding sticks to my skin. One night I woke up and the sheet was wrapped around my feet! Maybe it is just my skin that it will not absorb the product, then maybe not.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKaHDIdd6L%2BTYWM3H%2BgFrQ1GCUDdfWUlV2b5BpIWMiqwAAAAAGgtNxcAAAAB&reviewId=R176W8PUL0GVHO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG57EPQDC24DD4G5MLKYJSLWHDUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG57EPQDC24DD4G5MLKYJSLWHDUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Diana Hanshaw](https://www.amazon.com/gp/profile/amzn1.account.AG57EPQDC24DD4G5MLKYJSLWHDUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great Product](https://www.amazon.com/gp/customer-reviews/R1VIG64LGHV3SL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 17, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I can't say enough about this product..... I've been suffering w/RLS and muscle cramps at night for over a year. I have used Theraworx for awhile and didn't help much. Had to get a Rx from the dr.... Still not 100% relief. I started taking this Pure Magnesium last Saturday and every night since. I haven't had any leg cramps for 6 days.... very impressed. It is good value for the money spent. It is sprayed on muscles that are affected and it really works!!! Would not hesitate to recommend it for anyone suffering w/leg cramps or magnesium deficiency.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM%2BHt%2BeLZ8ZVo8UKVk7Nwdlf6w8e8S3ZZwKzLNdJhOTwAAAAAGgtNxcAAAAB&reviewId=R1VIG64LGHV3SL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGSP7DGPLJRIJZQ7DCMYI3GA26PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGSP7DGPLJRIJZQ7DCMYI3GA26PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sonja Glick](https://www.amazon.com/gp/profile/amzn1.account.AGSP7DGPLJRIJZQ7DCMYI3GA26PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Big and pumps easily](https://www.amazon.com/gp/customer-reviews/R2V1OEBI6XA99F/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 3, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this bottle of magnesium. I use it for RLS. I usually use a different brand, but the last order wouldn’t get to me on time, so I decided to try this one. For about the same cost, the bottle is probably 4x the size, and the pump actually works, unlike the other brand. And the magnesium stops my RLS.

One person found this helpful

##### [*3.0 out of 5 stars* Ok](https://www.amazon.com/gp/customer-reviews/R1T5PE4RFDU0UT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 3, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought for my RLS. Doesn’t work like it says it does.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL86wJdMCUEvPCksvKnOFEpRnjftOhEv6EIJMi89256CAAAAAGgtNx8AAAAB&reviewId=R1T5PE4RFDU0UT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6I5SQNXMITEAZEIVZWUATZ5BWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6I5SQNXMITEAZEIVZWUATZ5BWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bethi](https://www.amazon.com/gp/profile/amzn1.account.AF6I5SQNXMITEAZEIVZWUATZ5BWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Incredible product for RLS!](https://www.amazon.com/gp/customer-reviews/R2RRK96LH8SQ4S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 24, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Incredible product for RLS! I have restless leg syndrome for which I take a medication. Many times that medication is not enough and my legs are still quite bothersome with restless leg. This product works immediately upon application. It is definitely incredible.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIk%2Btpr2%2FN26YIY3i9EQ1ITNY47%2B1mTUIDH9cjkuuaC%2FAAAAAGgtNx8AAAAB&reviewId=R2RRK96LH8SQ4S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDVRRFD6F2VW5ZA4GMYU7HU5PCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDVRRFD6F2VW5ZA4GMYU7HU5PCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Betty](https://www.amazon.com/gp/profile/amzn1.account.AGDVRRFD6F2VW5ZA4GMYU7HU5PCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with RLS](https://www.amazon.com/gp/customer-reviews/R3IG2Y1LLJB6LD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 10, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered with Restless Leg Syndrome for years. I was given a prescription from my Dr. but wanted to find something OTC. This stuff works great....I sleep so much better.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDXtggDEP5wHWxuMljy%2BZwsIUtUERLwzFyCcjvOQPgGlAAAAAGgtNyAAAAAB&reviewId=R3IG2Y1LLJB6LD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFHRAOJKNLQFFC7NWR6D3ZR7TMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFHRAOJKNLQFFC7NWR6D3ZR7TMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Regina Schwaebler](https://www.amazon.com/gp/profile/amzn1.account.AFFHRAOJKNLQFFC7NWR6D3ZR7TMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wow](https://www.amazon.com/gp/customer-reviews/RTGVRQP2GEIM0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 10, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So, I don’t do a lot of reviews but I’ve never had a more I disturbed sleep before as I have ages. I take magnesium pills but the GM Oil Spray on my feet and legs kept my RLS at bay and I slept through the night until 5:30am! That’s huge for me-thank you 7 minerals!!!

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEqsdZVKALHfLMr1fHkusJVm9ySqgDARAqObqoTN9j2DAAAAAGgtNyAAAAAB&reviewId=RTGVRQP2GEIM0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHX5QGLRHXW4N6PTK4ZHJKTP5SWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHX5QGLRHXW4N6PTK4ZHJKTP5SWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHX5QGLRHXW4N6PTK4ZHJKTP5SWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This is great for RLS and Backache](https://www.amazon.com/gp/customer-reviews/RGC2J2TMFT36N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 21, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS for many years. I do take a magnesium supplement. However, this oil is so helpful as well. I rub it into my calves before bed. If I shave before bed, it does sting for a minute. My husband has a very bad back. When he uses it before bed, he sleeps better and this does ease his back pain.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAXXBpY6HwQcY82oY4LJFi0J62UdyqsDtu2GzkLzWeFqAAAAAGgtNyAAAAAB&reviewId=RGC2J2TMFT36N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFKSCZOXIMPPS4P2BOVTTQZZR24A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFKSCZOXIMPPS4P2BOVTTQZZR24A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cindy](https://www.amazon.com/gp/profile/amzn1.account.AFKSCZOXIMPPS4P2BOVTTQZZR24A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Looking Forward To Trying](https://www.amazon.com/gp/customer-reviews/RNUCGSA8PN6UG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 20, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS bad not to mention fibromyalgia. I will see tonight if this is as helpful as I have heard. Product arrived fast and can’t beat the price!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDF%2FQHClT72lMvlqTBEDntc5YpmEs68yyFOK%2FZMYwS%2BKAAAAAGgtNyAAAAAB&reviewId=RNUCGSA8PN6UG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFYJRBPLXFHBHEUZHSGNBRWPL3PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFYJRBPLXFHBHEUZHSGNBRWPL3PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LMD1122](https://www.amazon.com/gp/profile/amzn1.account.AFYJRBPLXFHBHEUZHSGNBRWPL3PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product](https://www.amazon.com/gp/customer-reviews/R3AV0IGGG3321/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 19, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been using this for a few days. This product has helped with my RLS. Started doing foot soaks as well. Will continue to use to reap benefits.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFPc7Wz6VYjjxU0fY%2FQgJPeW%2BAc2TmeF%2FSZlgBq2oGamAAAAAGgtNyAAAAAB&reviewId=R3AV0IGGG3321)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGVU5O2XRETJOVTQUTLZ46SGZ4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGVU5O2XRETJOVTQUTLZ46SGZ4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[tracy finigan](https://www.amazon.com/gp/profile/amzn1.account.AGVU5O2XRETJOVTQUTLZ46SGZ4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relief from RLS, nerve pain, leg spasms. No longer need meds.](https://www.amazon.com/gp/customer-reviews/R20TXHC5D0OLNS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 19, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff really works. I have severe nerve pain and restless legs/spasms due to multiple sclerosis. I use this spray in conjunction with my cbd balm and I no longer need to take gabapentin. I apply about 3-4 times a day and by the time I go to bed my legs and feet are pain free and relaxed. I do not like how the oil makes my skin feel so I’m going to see if this company makes a cream or lotion,

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJChEdHahBwWRd5RwyJ4Nuto64nMVanx0HYH3S3v9%2Fu2AAAAAGgtNyAAAAAB&reviewId=R20TXHC5D0OLNS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQUBULLWNLJ7BD3FOYREFJPHX2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQUBULLWNLJ7BD3FOYREFJPHX2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[sherri stockton](https://www.amazon.com/gp/profile/amzn1.account.AEQUBULLWNLJ7BD3FOYREFJPHX2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worked on my RLS](https://www.amazon.com/gp/customer-reviews/R53ENDTEOXND5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 7, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I started spraying this on the bottom of my feet and my RLS has gone now. I tried everything and this was the only thing that helped! Was a miracle .

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hONi5nCVdNoeDycoUqK4j6bA%2FdhazFHFq5PlSrZf1TcgAAAAAGgtNyAAAAAB&reviewId=R53ENDTEOXND5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYRWFL7UTVNOIMTX3DOLYUMXJAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYRWFL7UTVNOIMTX3DOLYUMXJAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Placeholder](https://www.amazon.com/gp/profile/amzn1.account.AGYRWFL7UTVNOIMTX3DOLYUMXJAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pure Magnesium Oil](https://www.amazon.com/gp/customer-reviews/R13LX5H91B9MHB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 5, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Just received the product today for my mother who’s been suffering with RLS for years. I’m excited for her to try it, definitely will give feedback on results!  
BJ

##### [*5.0 out of 5 stars* Great pain relief for restless leg syndrome!](https://www.amazon.com/gp/customer-reviews/RRBK9XJYYM43J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 21, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been battling restless leg syndrome for 25+ years. If I wake up in the middle of the night unable to go back to sleep, I can use the Magnesium Oil spray and get the relief I need to go back to sleep quickly. I take it with me whenever I go out of town, etc. Would not want to be caught without it. If you have RLS, you know what I mean.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHukl51mkChRAilsYrOnYpZ9DVgblKLsGHklemk1LGE8AAAAAGgtNykAAAAB&reviewId=RRBK9XJYYM43J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEXKCOJHX7KDV2MIZTM3TIDPQD5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEXKCOJHX7KDV2MIZTM3TIDPQD5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Casey](https://www.amazon.com/gp/profile/amzn1.account.AEXKCOJHX7KDV2MIZTM3TIDPQD5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did not help my RLS ...](https://www.amazon.com/gp/customer-reviews/R1M3AGJFSQRLFJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 1, 2023

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I read a review of a different product written by someone who mentioned he had successfully tried magnesium oil spray for RLS, so out of desperation I ordered this oil. Unfortunately it did not seem to make much difference in my RLS symptoms (except for a slight placebo effect that did not recur after the first couple of applications). It might work for you, though. One never knows!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFzOGEHBpT%2BzlUAZ7xz6eZhc5Ai%2FBqr6h6766gHCFdVpAAAAAGgtNyoAAAAB&reviewId=R1M3AGJFSQRLFJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG2C4B3E2ML3TA3GYKR7YFAKGCLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG2C4B3E2ML3TA3GYKR7YFAKGCLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AG2C4B3E2ML3TA3GYKR7YFAKGCLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with my RLS!](https://www.amazon.com/gp/customer-reviews/R1KI16UBKBAD0J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 20, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This Magnesium oil has helped me tremendously with my RLS. I am trying to stay away from medications as much as possible and so far this is helping. I do find that my skin is a little dry on the area of my legs where I apply it, but other than that it is doing the job. Thank you so much!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLUaXD5hsay5zm7OvUE0GLL3Bv4%2B0yC1PmSgi3ac8wcAAAAAAGgtNyoAAAAB&reviewId=R1KI16UBKBAD0J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHOMTK4T73IRAT25M4LK3W4VAVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHOMTK4T73IRAT25M4LK3W4VAVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mike](https://www.amazon.com/gp/profile/amzn1.account.AHOMTK4T73IRAT25M4LK3W4VAVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great quality muscle rub](https://www.amazon.com/gp/customer-reviews/R6ZFP0PL4X3J9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 22, 2017

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a really high-quality product. A little goes a long way. My first bottle lasted maybe a year of using it about every other night. I was satisfied with it enough to come back and order some more. I use it for muscle spasms (RLS). It's not a cure, but for me it helps to take the edge off the uncontrollable twitching. The bottle says it can make you itch (magnesium is like salt) but for me it's a soothing, warm, and comfortable feeling.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKvDLVv7L4su15ZCDHmyJUOB7z1R%2F9WhSDNo1%2FYcQfbtAAAAAGgtNyoAAAAB&reviewId=R6ZFP0PL4X3J9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQORM5JELXZF6YWCFWLN3XNQFWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQORM5JELXZF6YWCFWLN3XNQFWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Billie Short](https://www.amazon.com/gp/profile/amzn1.account.AEQORM5JELXZF6YWCFWLN3XNQFWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS is being held at bay!](https://www.amazon.com/gp/customer-reviews/RSI32LSUQGE3P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 10, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome and take prescription medication to help but it doesn't completely fix the issue. This oil was the help that I needed.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHi55m%2BTi03n%2BusNjwixDU1zW6mCuQx%2BAsaFET%2BFN5ynAAAAAGgtNyoAAAAB&reviewId=RSI32LSUQGE3P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEAMVXZREV2CDSI6HPVLA2JL2SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEAMVXZREV2CDSI6HPVLA2JL2SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mildred](https://www.amazon.com/gp/profile/amzn1.account.AHEAMVXZREV2CDSI6HPVLA2JL2SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Magnesium Oil](https://www.amazon.com/gp/customer-reviews/R3PTU00MYHQA8I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 21, 2015

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Product feels as described, but I had no itching or ill effects. But, sadly, it did not solve the pain in my leg. I put it on the bottoms of my feet at bedtime. It is said to absorb best through the feet. I have no idea what that is supposed to do. No noticeable changes. Sorry it has not helped me so far. It was recommended by a friend to resolve muscle pain and RLS. I do have RLS. Not sure if the leg issue is muscle related. So sad.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAiYD28iNANwi0kdPTc5exQjzDSCr%2FBO5Rqi2vz4F6wFAAAAAGgtNyoAAAAB&reviewId=R3PTU00MYHQA8I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF644QLYGQMBWHZEMJWHOM2G2UMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF644QLYGQMBWHZEMJWHOM2G2UMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anonymous](https://www.amazon.com/gp/profile/amzn1.account.AF644QLYGQMBWHZEMJWHOM2G2UMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Allergic reaction](https://www.amazon.com/gp/customer-reviews/R3DDG84ZD3TK10/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 13, 2024

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had really high hopes for this because I suffer bad RLS at night that keeps me up. Tried this and it felt like my skin had glass shards in it. Worked through it and it started to itch and hurt and my legs turned really red. Stopped using it and tried again a few days later. Same reaction to the point I cried. Tossed it into the garbage, took my Zyrtec and felt a little better after a shower. For me this didn’t work and I wish that it had.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAQIVWvXUyD7jYMc0zHPk5EWNGmPc8s0RGTfhILhu%2FwlAAAAAGgtNyoAAAAB&reviewId=R3DDG84ZD3TK10)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5BUGECJKD2USOYNA4OJT6E6AXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5BUGECJKD2USOYNA4OJT6E6AXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Camille](https://www.amazon.com/gp/profile/amzn1.account.AF5BUGECJKD2USOYNA4OJT6E6AXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works. Period.](https://www.amazon.com/gp/customer-reviews/R122L6OQ03KGZA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 24, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Many years of RLS, leg cramps, fibromyalgia. I have been taking the tablet form with no result. This. THIS! THISSS!!! Spray on and there is quite noticable relief within 20 minutes. My legs are still, no cramps...Quite delighted to find a homeopathic solution that really works for me and is affordable. Thank you!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHBMSCgD8piSShpFevk%2FA5VmoYh%2FJqh1nAsZHYdxSC33AAAAAGgtNykAAAAB&reviewId=R122L6OQ03KGZA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFKCTAN5DUDPRZMSD4OE73EEFJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFKCTAN5DUDPRZMSD4OE73EEFJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lauren](https://www.amazon.com/gp/profile/amzn1.account.AFKCTAN5DUDPRZMSD4OE73EEFJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* The third day it's pretty itchy, but it's much more bearable than the ...](https://www.amazon.com/gp/customer-reviews/R17UCDV9CP2UL5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 8, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

First day I used I had no itching and had immense relief from my RLS. The third day it's pretty itchy, but it's much more bearable than the RLS. Hopefully after a while it won't be as itchy.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHfC5kCxYr%2FARLHn%2BKaOr19HiwrLyJEwF%2BEX1m%2FDWjGFAAAAAGgtNykAAAAB&reviewId=R17UCDV9CP2UL5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBPFUEFIWPBR5CWHGGQWLQ4DMPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBPFUEFIWPBR5CWHGGQWLQ4DMPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Wicked West](https://www.amazon.com/gp/profile/amzn1.account.AGBPFUEFIWPBR5CWHGGQWLQ4DMPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product! Will buy again but it goes a long way.](https://www.amazon.com/gp/customer-reviews/R36RQ2EHPCBXPA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 2, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome since about 1987. Only wish some doctor had suggested this YEARS ago. It gives me relief about 75% of the time. And if you have RLS this will sound great to you too!  
  
As far as moisturizing - it does a little but not substantially. It takes at least 10 minutes to dry.

##### [*5.0 out of 5 stars* Helps my RLS](https://www.amazon.com/gp/customer-reviews/R26EM38O7LN9WZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 15, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I think I've found my miracle! Seems to have helped my restless legs. I'm so hopeful it keeps working. I was at my whit's end. Every night when I'm trying to go to sleep I'm worrying that they'll start hurting again. I think I'm traumatized.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEnzrOZW6w04dzPS1B%2BPoe6h9faaCm1eRL0XD%2BIOdqLpAAAAAGgtNzIAAAAB&reviewId=R26EM38O7LN9WZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AET27O7Y6V6DGIMXMHOAN76ECAJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AET27O7Y6V6DGIMXMHOAN76ECAJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LisaW](https://www.amazon.com/gp/profile/amzn1.account.AET27O7Y6V6DGIMXMHOAN76ECAJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Relief](https://www.amazon.com/gp/customer-reviews/RMUUYD6LM3FAI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 30, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Magnesium oil does a great job in relieving my restless leg symptoms and is helpful in relieving arthritis discomfort in my lower spine. I’ve been using it for a couple of years and will continue to do so.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH32k9MdSzlPbwaQbvPBWL87qjm5fnI9iShi8F8WU0SvAAAAAGgtNzIAAAAB&reviewId=RMUUYD6LM3FAI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZNHLWPAUEX5HA5FZMHKHSSW2MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZNHLWPAUEX5HA5FZMHKHSSW2MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lisa](https://www.amazon.com/gp/profile/amzn1.account.AHZNHLWPAUEX5HA5FZMHKHSSW2MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Completely satisfied and will buy again!](https://www.amazon.com/gp/customer-reviews/R2N9K2VL9AESUZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 26, 2015

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I found pure magnesium oil through researching about magnesium absorption. I believe it is the best way to get it into your body since it by-passes the digestive system. I have RLS, and after my first use, it had already started to relieve it. It also works great as natural deodorant. FYI! It may sting some if you have just shaved or have very sensitive skin. The benefits out weigh this (minor deterrent) in my opinion!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNkWX%2F%2F759DfuyFOb9%2FA1NKOFHd9gAid%2Fxyu4%2BSnCdj2AAAAAGgtNzIAAAAB&reviewId=R2N9K2VL9AESUZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHO4STGOQUUQNSY2IEB5OPDQB3LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHO4STGOQUUQNSY2IEB5OPDQB3LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Roberta R.](https://www.amazon.com/gp/profile/amzn1.account.AHO4STGOQUUQNSY2IEB5OPDQB3LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good and safe.](https://www.amazon.com/gp/customer-reviews/R164GJSZUHNFRD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 18, 2022

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product helps rls most of the time. I just keep trying to help myself with issues.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIyVdKHfDfxyhxI9rckNNY7Ty3v68%2FpIdQCWiWdWm27gAAAAAGgtNzIAAAAB&reviewId=R164GJSZUHNFRD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6LZ2ATTQMSVZVKYQWABKO6A47A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6LZ2ATTQMSVZVKYQWABKO6A47A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lissa456](https://www.amazon.com/gp/profile/amzn1.account.AF6LZ2ATTQMSVZVKYQWABKO6A47A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS gone!](https://www.amazon.com/gp/customer-reviews/R2FG455B15QHXS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 28, 2017

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This oil is wonderful!! I was skeptical but it works! I spray it on my legs and I can actually sleep at night. My legs have stopped twitching. Amazing. I feel better all day after getting a full nights sleep. I will say that when I first got it may have sprayed too much and had some insomnia. I learned to only spray one drop - that's all I need to make my RLS go away.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBWTKd5rkTE9D22aII%2BHJL%2BN9X7vTAoJSKeD1qqcKTszAAAAAGgtNzIAAAAB&reviewId=R2FG455B15QHXS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3PX2URNZDWESOK7LBMP3T6OQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3PX2URNZDWESOK7LBMP3T6OQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jenelle](https://www.amazon.com/gp/profile/amzn1.account.AE3PX2URNZDWESOK7LBMP3T6OQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Soft, smooth, goes on nice and it works!](https://www.amazon.com/gp/customer-reviews/R3R2LUUZ3WQR4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 11, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this oil! It calms down my restless legs and helps my legs to relax. I have RLS so magnesium is important. It also helps my osteoarthritis in my knees. I just rub it on liberally and it helps the pain and stiffness. It's also a great headache relief if you rub some on your temples. Good good stuff! It's my favorite of all the magnesium oils I've tried!

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hATXsDpTdDYWjknR2OEfiN5ujSd0j9iN%2BLkm%2BW7dZnyyAAAAAGgtNzIAAAAB&reviewId=R3R2LUUZ3WQR4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDW5UDSACW6MVLZVQADIHYFREWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDW5UDSACW6MVLZVQADIHYFREWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bryan C.](https://www.amazon.com/gp/profile/amzn1.account.AHDW5UDSACW6MVLZVQADIHYFREWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I'll try anything to help my RLS!](https://www.amazon.com/gp/customer-reviews/R2ETKU37P3HOGJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 6, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Ordered this oil out of desperation to treat my Restless Legs Syndrome. I prefer to exhaust all natural remedies before caving into big pharma. This product is natural, GMO-free, and cruelty-free which are all very important to me. I like the spray applicator, it isn't too greasy and dried fairly quickly. I'll update my review if I see some improvement.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDLmOjmWAsa8hr%2BqU%2BgmlFbEm60jUhq3mv4dbQWP0no2AAAAAGgtNzIAAAAB&reviewId=R2ETKU37P3HOGJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVAJZIBHNM7QWP7IPLSLQSRLS3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVAJZIBHNM7QWP7IPLSLQSRLS3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lauren Meister](https://www.amazon.com/gp/profile/amzn1.account.AEVAJZIBHNM7QWP7IPLSLQSRLS3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It works to ease my RLS](https://www.amazon.com/gp/customer-reviews/R3CLCTK4WR2XH7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 3, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps to relieve mescle cramps and my RLS. Doesn't absorb as quickly as I'd like.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNICjIeIUTHzrAz4q5cjb4fZMC%2BW0Q5%2FM3hhivqEcs3dAAAAAGgtNzIAAAAB&reviewId=R3CLCTK4WR2XH7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7RCCCPIKCDHFLUIXVBGZLTX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7RCCCPIKCDHFLUIXVBGZLTX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Justin B.](https://www.amazon.com/gp/profile/amzn1.account.AE7RCCCPIKCDHFLUIXVBGZLTX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I can finally sleep now!](https://www.amazon.com/gp/customer-reviews/R30JY7J9KYHAGM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 21, 2016

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome and I know people say it is all in my head but I know it's real. I sprayed this on my legs and prayed I could sleep. What do you know it WORKS! I am so happy I tried this and am so happy I can sleep at night. Before I bought this I did not know a magnesium deficiency caused RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM5ZYBDwhtFnSMDFMiwMtvd5ms7%2F9T6Kfwba6nMomARPAAAAAGgtNzIAAAAB&reviewId=R30JY7J9KYHAGM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWZBNY6YLSXMXU3MQD3D4PIHFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWZBNY6YLSXMXU3MQD3D4PIHFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Hilda ramirez](https://www.amazon.com/gp/profile/amzn1.account.AEWZBNY6YLSXMXU3MQD3D4PIHFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good for pregnancy women and rls](https://www.amazon.com/gp/customer-reviews/R20XQ5NGMTAGOM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 22, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am 17 weeks pregnant and I have been having rough nights due to my rethless legs I only get threw the night . So far it's helped me so much defenetly will be getting more

##### [*5.0 out of 5 stars* Magic](https://www.amazon.com/gp/customer-reviews/R15UBLT742JY4N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 7, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Suffered with RLS for decades, tried just about everything imaginable and this product works! It just does, don’t know why nor do I care, spray it on , rub it in and enjoy a restful nights sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGHX3AH7%2BGTKD4QxU%2BqwIlnTdL%2B3DSehvzSci64Xp%2BggAAAAAGgtNz0AAAAB&reviewId=R15UBLT742JY4N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAIZUHZOWBA6CH2M7QCJ5T2UFGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAIZUHZOWBA6CH2M7QCJ5T2UFGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[rr](https://www.amazon.com/gp/profile/amzn1.account.AEAIZUHZOWBA6CH2M7QCJ5T2UFGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* trial](https://www.amazon.com/gp/customer-reviews/R3RSC3NTAJ8ZL0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 24, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My mother has restless leg syndrome plus congestive heart failure causing swelling in the feet, ankles and calf's the RLS has calmed down some still under trial basis.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKL4pb4qeII%2BFbsgY5kQeYvFfLbULl2hYIpbp0O%2FhwSTAAAAAGgtNz0AAAAB&reviewId=R3RSC3NTAJ8ZL0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEKFF72X3EJ5GGVDBOAPUHDL5JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEKFF72X3EJ5GGVDBOAPUHDL5JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tahmina](https://www.amazon.com/gp/profile/amzn1.account.AFEKFF72X3EJ5GGVDBOAPUHDL5JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Rls](https://www.amazon.com/gp/customer-reviews/RF948IR9XPY2I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on May 30, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is my second bottle. First was given to me by my pt and I just had to purchase for myself when I ran out. Works great for RLS and any other muscle soreness.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMKr%2BXyifl6%2FrpQHIpCB3vG4JZmma3844yRZ43QJMjR8AAAAAGgtNz0AAAAB&reviewId=RF948IR9XPY2I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHS6JPDVAV4V5NOTCAEQQ6DJCQYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHS6JPDVAV4V5NOTCAEQQ6DJCQYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alia](https://www.amazon.com/gp/profile/amzn1.account.AHS6JPDVAV4V5NOTCAEQQ6DJCQYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Easy to use](https://www.amazon.com/gp/customer-reviews/R25MSKLWJYDKDN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 10, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Good size, easy to spray in and absorbs very fast. Will see how I sleep tonight! Can’t wait since I suffer from RLS. So far very happy with my purchase.

[Customer image](javascript:void(0))

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKatfMoQTDWB0ADA5itOOALIZHGlHbUsLCRuHP2Yb%2FA1AAAAAGgtNz0AAAAB&reviewId=R25MSKLWJYDKDN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGTJX76FE7GF7EVMHR4TWCLKM2LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGTJX76FE7GF7EVMHR4TWCLKM2LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Greg Abrams](https://www.amazon.com/gp/profile/amzn1.account.AGTJX76FE7GF7EVMHR4TWCLKM2LQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Effective on muscle cramps](https://www.amazon.com/gp/customer-reviews/RYYAJH7JYHDY2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 6, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Transdermal magnesium is an easy way to deal with muscle cramps and RLS. This one provides 27mg of magnesium per spray and has been effective on my calf cramps. Will be back for more!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB0NlnANWkXpdbt5%2FJnryl7PcVmXJ%2FfExqxQv6gfphxjAAAAAGgtNz0AAAAB&reviewId=RYYAJH7JYHDY2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFS6AOZBOEWZKT6JTAONT446DCQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFS6AOZBOEWZKT6JTAONT446DCQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[AmazonCustomer charscott](https://www.amazon.com/gp/profile/amzn1.account.AFS6AOZBOEWZKT6JTAONT446DCQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great!](https://www.amazon.com/gp/customer-reviews/R36K0FZ0FWQR0Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 14, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When my RLS kicks in really bad, this product sprayed on and rubbed in seems to do the trick. Then sleep kicks in.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCMsYefG5Ox%2FmkKY94iCU%2BzN6KdI4kBijMOYN%2BHtcltEAAAAAGgtNz0AAAAB&reviewId=R36K0FZ0FWQR0Z)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4PBKYG4UNSEZXKJEDCFXTI6X7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4PBKYG4UNSEZXKJEDCFXTI6X7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Txtchr](https://www.amazon.com/gp/profile/amzn1.account.AF4PBKYG4UNSEZXKJEDCFXTI6X7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* No issues now with RLS](https://www.amazon.com/gp/customer-reviews/RLZ4398VNSV4U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 29, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has worked wonders on my RLS. It is slightly gooey when it dries, but easy to wipe off.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKrfMeoFZnHnJB3pojraE2U2OLZqg70TUdH65fGGZ9SYAAAAAGgtNz0AAAAB&reviewId=RLZ4398VNSV4U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEH3JCGATLQAY37NADRUECFBQVCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEH3JCGATLQAY37NADRUECFBQVCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jennifer Taylor](https://www.amazon.com/gp/profile/amzn1.account.AEH3JCGATLQAY37NADRUECFBQVCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing!](https://www.amazon.com/gp/customer-reviews/R297X9DD9B3B4V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 14, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought to help with RLS during pregnancy.. has worked from the first night.. my skin did feel a little dry after it settled in, but the company recommended putting on lotion after about 20 min. Worked great!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOim9ThRj2j6Ttx7FJG8LJlxhPJafSTc5TZhyOmXv25zAAAAAGgtNz0AAAAB&reviewId=R297X9DD9B3B4V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMFHEOHFLEMJG2QU3JURULSD7KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMFHEOHFLEMJG2QU3JURULSD7KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vicki Brooks](https://www.amazon.com/gp/profile/amzn1.account.AFMFHEOHFLEMJG2QU3JURULSD7KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worked great for my RLS](https://www.amazon.com/gp/customer-reviews/R18958HEVHGNGE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 6, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I used the Pure Magnesium Oil Spray for RLS. It worked great the first time I used it and I slept through the night.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG0FQWAg8wTv9M9XO%2FZMM%2BYw9XS829sEm6NhXPPb%2BrWaAAAAAGgtNz0AAAAB&reviewId=R18958HEVHGNGE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGIWCODG47ODH4FYSKTEFYFZ73JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGIWCODG47ODH4FYSKTEFYFZ73JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[B Mitchell](https://www.amazon.com/gp/profile/amzn1.account.AGIWCODG47ODH4FYSKTEFYFZ73JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Good for RLS](https://www.amazon.com/gp/customer-reviews/R1GHB1R6I0ETPG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 18, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless Leg Syndrome...haven’t had a chance to see how it really works. Looking forward to seeing the results.

##### [*1.0 out of 5 stars* This was pricey and didn't work for me rash and itchiness were almost unbearable](https://www.amazon.com/gp/customer-reviews/R2WR3IZFOHNX20/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 10, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have Restless Leg Syndrome. I've used lotions and creams oil and spray before after looking at the reviews I was so hopeful this would work. It didn't. It provided the least amount of.relief of all the products I've used and it caused horrible itchiness. I'll stick with oil and Ben gay it worked better than this for pain and relief for RLS. This is just MY experience and I wanted to share. I don't have sensitive skin and can use any products without issues and even used a spray like this before. That one worked slightly better but sisnt casue the itchiness or rash.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO4ee2ToDxIjPPudEA7c9tchXWbDbT1OrApTToLy6wfkAAAAAGgtN0cAAAAB&reviewId=R2WR3IZFOHNX20)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQGI5WNDIS7Y4AX7ADFSNXAEP4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQGI5WNDIS7Y4AX7ADFSNXAEP4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Buster](https://www.amazon.com/gp/profile/amzn1.account.AEQGI5WNDIS7Y4AX7ADFSNXAEP4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Hoping For More](https://www.amazon.com/gp/customer-reviews/R2BJQQAOS34UE4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 8, 2015

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been using Pure Magnesium Oil for over a week religiously. I have RLS and though I was hoping your product would alleviate my sleep being interrupted it hasn't. I will continue to use each evening with hopes that I will begin to feel some relief.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMKvFgmqsZRLt%2FgME9UhBhEtaKh1kd3uIH88dTByFyLyAAAAAGgtN0cAAAAB&reviewId=R2BJQQAOS34UE4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHSWGKICNG33LJ3JCYPD4SQVCOAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHSWGKICNG33LJ3JCYPD4SQVCOAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[RL](https://www.amazon.com/gp/profile/amzn1.account.AHSWGKICNG33LJ3JCYPD4SQVCOAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Works, but there are significant cons](https://www.amazon.com/gp/customer-reviews/R23J4AOOWESXK6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 24, 2017

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

PRO:  
It does seem to help my RLS. When it starts, I apply it and there is relief within minutes, whether in bed or at work.  
  
MAJOR CONS:  
After the first use, it started to smell bad, like feet! Maybe I should've put it in fridge. I apply fragrant lotion after, hoping that will disguise it.  
  
Also, I wish it wasn't in spray bottle, but rather in a bottle that lets out a bit at a time, to put in the hand or apply directly. My floors and carpet end up being slick and gritty.

11 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCCckwIF1a87SXSlCFQO%2FBlplqvQbr74tstbtd29uj5TAAAAAGgtN0cAAAAB&reviewId=R23J4AOOWESXK6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2YFW7GPI3WORBIF2TVEZE5ACAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2YFW7GPI3WORBIF2TVEZE5ACAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Khaugh](https://www.amazon.com/gp/profile/amzn1.account.AF2YFW7GPI3WORBIF2TVEZE5ACAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Relief](https://www.amazon.com/gp/customer-reviews/R3PC15X9LWTY3R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 14, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My boyfriend has bad RLS and this is the only product that has provided him with any relief! Don't overthink it.. just get it

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNUaeQ4e5nXf1omuC03SMBmSlxTDxur8jHxPDCpw3yw%2FAAAAAGgtN0cAAAAB&reviewId=R3PC15X9LWTY3R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGV36IHKMBNHJBKQNN2UWTYRTRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGV36IHKMBNHJBKQNN2UWTYRTRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anne C.](https://www.amazon.com/gp/profile/amzn1.account.AHGV36IHKMBNHJBKQNN2UWTYRTRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for muscle pain and RLS.](https://www.amazon.com/gp/customer-reviews/R8G5A7VQVCNRJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 5, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used it to relieve restless leg syndrome which prevents me from sleeping...only thing that works!  
And also works for muscle pain relief. Love it.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEG5ddX8gMZOgzOjcvjcBMYFsA4EPURItZ0LDbQ%2Fq2V5AAAAAGgtN0cAAAAB&reviewId=R8G5A7VQVCNRJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[james](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Four Stars](https://www.amazon.com/gp/customer-reviews/R14L8ITBY6X6AF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 20, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Does the job as advertised. RLS is not completely gone but does help when it occurs.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMGgc6wVIbPTAKDs%2FDVG3j%2Bhl7d7IaMDgECPAtKmTwh8AAAAAGgtN0cAAAAB&reviewId=R14L8ITBY6X6AF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG4XNAKLOCPWTQAAHWSC3ABFUP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG4XNAKLOCPWTQAAHWSC3ABFUP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Daniel Allen](https://www.amazon.com/gp/profile/amzn1.account.AG4XNAKLOCPWTQAAHWSC3ABFUP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works on RLS](https://www.amazon.com/gp/customer-reviews/R1KHFPRVCLWEN0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 19, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been using this product for a short period of time, however, it appears to be working well on my Restless leg syndrome.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAfY0dsucK%2BVrZsqQc83XnMlnKHmxHRit0cyCWFhyDG6AAAAAGgtN0cAAAAB&reviewId=R1KHFPRVCLWEN0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNBZZHE6JF2YV77PJZY3GEVS3IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNBZZHE6JF2YV77PJZY3GEVS3IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Happy coffee](https://www.amazon.com/gp/profile/amzn1.account.AGNBZZHE6JF2YV77PJZY3GEVS3IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* 0 zero stars](https://www.amazon.com/gp/customer-reviews/R10MPZ7HZYRU26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on July 21, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I give this product 0 stars. This did not work for me. I read a lot of positive reviews and perhaps it works for those. For me, it nothing. I have restless leg syndrome and I read that this worked very well for RLS, but for me it did not work at all.  
I also used it on a strained shoulder muscle and it did nothing. I have had this product for a few months and was waiting to see if it would work on something before writing a review. I have used it and for what ever I used it for did not work.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAs1A%2F7KICyseptZi2PGd1uqnSm9Qpu3mPz%2FeBHFL%2FxPAAAAAGgtN0cAAAAB&reviewId=R10MPZ7HZYRU26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOZ222SD6YLYLB63WR66AZX5AAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOZ222SD6YLYLB63WR66AZX5AAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[kjohnson](https://www.amazon.com/gp/profile/amzn1.account.AFOZ222SD6YLYLB63WR66AZX5AAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Oil](https://www.amazon.com/gp/customer-reviews/R1XC802YAAUX8Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on May 22, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps with RLS, helps with sleep. My daughter is almost 5 and has issues with both of these things

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK0seuD1PIVjq2lsC4IAc%2Fbjd6tNzh59JKJ8Bpb5gSG6AAAAAGgtN0cAAAAB&reviewId=R1XC802YAAUX8Q)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHTVGKWIXAGUNC2UEI2H7MUJPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHTVGKWIXAGUNC2UEI2H7MUJPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Crystal Eubanks](https://www.amazon.com/gp/profile/amzn1.account.AEHTVGKWIXAGUNC2UEI2H7MUJPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Four Stars](https://www.amazon.com/gp/customer-reviews/R1AXUJGJKQP67O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 9, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great when you begin to experience RLS

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1A3JB3E868BX4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on March 5, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

my husband has restless leg syndrome, and helped take the edge off the muscle spasms.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAb9v%2B0NFXUq0qZAAZTdQ2h4GY%2BhqvGiKA%2FkUS32HRwmAAAAAGgtN1AAAAAB&reviewId=R1A3JB3E868BX4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQBZ6UA5CFDSM5WFLXAGPYTGFGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQBZ6UA5CFDSM5WFLXAGPYTGFGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Claudia Robertson](https://www.amazon.com/gp/profile/amzn1.account.AFQBZ6UA5CFDSM5WFLXAGPYTGFGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pregnancy RLS Wonder](https://www.amazon.com/gp/customer-reviews/RL1J8I5RV5Q0W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 26, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used this to treat my wife's RLS during our pregnancy and it worked like a charm.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI4wRPXS0POsssH5Lh3ZFHXX8AxIeF1XVg5E16EBBzRuAAAAAGgtN1AAAAAB&reviewId=RL1J8I5RV5Q0W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECMTLBETDO77TTSRMM3DY4CDNIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECMTLBETDO77TTSRMM3DY4CDNIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Blessed In Texas](https://www.amazon.com/gp/profile/amzn1.account.AECMTLBETDO77TTSRMM3DY4CDNIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love it!](https://www.amazon.com/gp/customer-reviews/R33QLHMTJBB8Q2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on August 18, 2016

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Received my order and proceeded to apply to my feet and legs. Slept like a baby, no RLS. I have shared this oil with several of my friends and family members, they can't believe how affective it is.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLpa8%2F7z9vTtDlmjBFnYbuELoId%2F0r16CluvDwAZRg3lAAAAAGgtN1AAAAAB&reviewId=R33QLHMTJBB8Q2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGIB2AJLDZC2PGHXVK4WFRYLXF2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGIB2AJLDZC2PGHXVK4WFRYLXF2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[b. h.](https://www.amazon.com/gp/profile/amzn1.account.AGIB2AJLDZC2PGHXVK4WFRYLXF2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Just what I needed](https://www.amazon.com/gp/customer-reviews/R1HLDM0Z2MZC6I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 11, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Dealing with muscle fatigue after my CVA, this oil helped me with my RLS. Thank you seven minerals. :)

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEGAmOgq9HkTXEX06NcONwG1MkJr1ccpo4scLd%2FDuyFCAAAAAGgtN1AAAAAB&reviewId=R1HLDM0Z2MZC6I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQ4DIWRPUWYESNIQES5AEYAXH7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQ4DIWRPUWYESNIQES5AEYAXH7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Misty](https://www.amazon.com/gp/profile/amzn1.account.AHQ4DIWRPUWYESNIQES5AEYAXH7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helped with my RLS](https://www.amazon.com/gp/customer-reviews/RRJ2EYWS73MP1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 29, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

WoW this stuff is amazing & I noticed an immediate relief from my RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJTU9%2FOmkxJQsCJX8qMm3Due7JE2E7GoCdqtXmkUdWGXAAAAAGgtN1AAAAAB&reviewId=RRJ2EYWS73MP1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG4ERDEOWUM26VZ4TZ6PLHWEZJYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG4ERDEOWUM26VZ4TZ6PLHWEZJYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dusk](https://www.amazon.com/gp/profile/amzn1.account.AG4ERDEOWUM26VZ4TZ6PLHWEZJYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This product actually works. As weird as I think ...](https://www.amazon.com/gp/customer-reviews/R10UNBHSXVZ6C1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on April 29, 2017

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product actually works. As weird as I think it is for a spray on to have such a strong effect for rls, the relief is actually felt.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBKdBUELpw5S0m0yBdJL3MZuctiC8QHgamC9Pyy6ky%2FFAAAAAGgtN1AAAAAB&reviewId=R10UNBHSXVZ6C1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHI5UYMH32KKXMX2UYENWKNQXZ7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHI5UYMH32KKXMX2UYENWKNQXZ7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MsBrenda](https://www.amazon.com/gp/profile/amzn1.account.AHI5UYMH32KKXMX2UYENWKNQXZ7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* WORKS!](https://www.amazon.com/gp/customer-reviews/R29W7JGGWT0CJX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on September 26, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS and diabetic neuropathy! This oil is AMZING!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO%2BYjJRzYgGbvSbNui3Q%2B1fW9NTRiXXe6iPdvBocnvZYAAAAAGgtN1AAAAAB&reviewId=R29W7JGGWT0CJX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEUGBRMA6RGJ7BNRLO3G2NBXQLFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEUGBRMA6RGJ7BNRLO3G2NBXQLFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Chad](https://www.amazon.com/gp/profile/amzn1.account.AEUGBRMA6RGJ7BNRLO3G2NBXQLFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Gave as a birthday present to a man w/ RLS](https://www.amazon.com/gp/customer-reviews/RUSUEAZ147IA1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 13, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So far, so good. Appreciate the no trace minerals

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGXz91mNxI9MaPEIGEOyOv8fK8L6pg2QLPpsPlnBNZVsAAAAAGgtN1AAAAAB&reviewId=RUSUEAZ147IA1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFT54W3LCCGQMQIEY7PEV6WGSFEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFT54W3LCCGQMQIEY7PEV6WGSFEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gopal Krishna](https://www.amazon.com/gp/profile/amzn1.account.AFT54W3LCCGQMQIEY7PEV6WGSFEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I will recommend it for people with rls.](https://www.amazon.com/gp/customer-reviews/R2LROPQVDPJ99Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on June 16, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Good product, I don’t get up in the night with pain.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHjAaYPpy8ypKK3WoymtjnoKFimgbV7rBOM1p4KRhzYCAAAAAGgtN1AAAAAB&reviewId=R2LROPQVDPJ99Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQJCLJHK6WXY4RC33ASIKXHXJ4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQJCLJHK6WXY4RC33ASIKXHXJ4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Linda Siefken](https://www.amazon.com/gp/profile/amzn1.account.AGQJCLJHK6WXY4RC33ASIKXHXJ4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product.](https://www.amazon.com/gp/customer-reviews/RLWO5UCAK06V0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on November 8, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It has helped my restless leg and would recommend to others suffering with rls.

##### [*1.0 out of 5 stars* Didn't work](https://www.amazon.com/gp/customer-reviews/R2H17Y3E2QVIBG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 23, 2021

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product did not work for my RLS. Used as directed for about 2 weeks and saw no relief. Not upset that it didn't work as RLS can be tricky. My biggest problem in the sprayer doesn't work upside down and they want you to spray the bottom of your feet. Needs better sprayer.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAHOAWdj4O0eqJCD2wDlZu9XB%2Fb3Iq03PLgIAUPMIjHaAAAAAGgtN1cAAAAB&reviewId=R2H17Y3E2QVIBG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMGJHWHBOQBXIMZGHAUJI3OVAPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMGJHWHBOQBXIMZGHAUJI3OVAPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEMGJHWHBOQBXIMZGHAUJI3OVAPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS gone](https://www.amazon.com/gp/customer-reviews/R1XUAR96YMJWKY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 19, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Scepticle at first but stopping the crawly feeling is worth everything  
Going to use on my arthritic knee and shoulders  
Good job!!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDRvcd97%2FJX2QMy2dHNl%2BHvODw5bzbhhloFygTqr9p20AAAAAGgtN1cAAAAB&reviewId=R1XUAR96YMJWKY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHGFDMXZKCRLI4BB5Y5527EYCGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHGFDMXZKCRLI4BB5Y5527EYCGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Miriam](https://www.amazon.com/gp/profile/amzn1.account.AHHGFDMXZKCRLI4BB5Y5527EYCGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS relief finally](https://www.amazon.com/gp/customer-reviews/R3BQJBZXWDZWNQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 6, 2015

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If you can get past the pain for a few minutes the relief is well worth it. I've had years of restless leg syndrome and this is the only relief I have found I highly recommend.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJxQpUlMFZoSrnC3zb9wqOsl9YkK0oq48qeBvBw51PvKAAAAAGgtN1cAAAAB&reviewId=R3BQJBZXWDZWNQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGLTEWKYNAZICNSLTMSCVECWD45Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGLTEWKYNAZICNSLTMSCVECWD45Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Savannah](https://www.amazon.com/gp/profile/amzn1.account.AGLTEWKYNAZICNSLTMSCVECWD45Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R1VBPYAZXVLIHZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 4, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has helped with my constant headaches and pregnancy induced RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDCR0KU3Sq2rL4VdLJOD8Omgq1P37CDziMxxhEnUBYy8AAAAAGgtN1cAAAAB&reviewId=R1VBPYAZXVLIHZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGI36GJZ6F5TFO3OYTO4M6CFIVWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGI36GJZ6F5TFO3OYTO4M6CFIVWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[George Forte](https://www.amazon.com/gp/profile/amzn1.account.AGI36GJZ6F5TFO3OYTO4M6CFIVWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Feels thick not oily](https://www.amazon.com/gp/customer-reviews/R3GBVO6H8LIFP4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on October 4, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It did little to ease my RLS- it feels so thick on my skin I cannot use. I will spray the bottom of my feet every now and then when I wear socks, to moisturize

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEyw6DW4QmpgNZucTNIwLp8IbkTooFtsAeToc6HjkxJAAAAAAGgtN1cAAAAB&reviewId=R3GBVO6H8LIFP4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXQN3BDACESXQW2AOINMRL25MDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXQN3BDACESXQW2AOINMRL25MDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Karen Del Valle](https://www.amazon.com/gp/profile/amzn1.account.AHXQN3BDACESXQW2AOINMRL25MDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS](https://www.amazon.com/gp/customer-reviews/R2UZBZCP3S9067/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 21, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Really helps with RLS...it’s drying but nothing a foot scrub and lotion can’t take care of

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEFp%2BUteUFUgnPHXEJYgZ%2Bj0ieuJqgyXR0DYs69OEtQcAAAAAGgtN1cAAAAB&reviewId=R2UZBZCP3S9067)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6GUJ3JSFSBDVQP6LAFHPNFGMCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6GUJ3JSFSBDVQP6LAFHPNFGMCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Joni Robinson](https://www.amazon.com/gp/profile/amzn1.account.AF6GUJ3JSFSBDVQP6LAFHPNFGMCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn’t help my RLS - can’t be returned](https://www.amazon.com/gp/customer-reviews/RF7SCP79S2IEU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on February 7, 2020

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I found no benefit for my RSL. It made my skin feel sticky which just added another feeling to my legs . I guess it is not returnable either, which I didn’t see when I ordered it to give it a try to see if it would be any help.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGUnpHmSWZGdOSnfuj3osMgnVLZryNmDoQDetjiWVKahAAAAAGgtN1cAAAAB&reviewId=RF7SCP79S2IEU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEH6IPSYEKO4HWQXYXOBBLCPV7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEH6IPSYEKO4HWQXYXOBBLCPV7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Atyler2428](https://www.amazon.com/gp/profile/amzn1.account.AEH6IPSYEKO4HWQXYXOBBLCPV7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great](https://www.amazon.com/gp/customer-reviews/R2JMPVN760QQSG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on December 22, 2018

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Got it for my boyfriend who has RLS. Gonna see how it works out

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD9Lp2UoPVYhILA5CiLhvzEIU4padR%2BY9l07fWGM6D62AAAAAGgtN1cAAAAB&reviewId=R2JMPVN760QQSG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDMYHV6G3RSNYVIJEZGPHMIWS2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDMYHV6G3RSNYVIJEZGPHMIWS2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel](https://www.amazon.com/gp/profile/amzn1.account.AHDMYHV6G3RSNYVIJEZGPHMIWS2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product!](https://www.amazon.com/gp/customer-reviews/R3VM7YAFTPL57Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 30, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Just started using this and I feel it is helping with my RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB%2FgiZzoV7tZjc6kXQE5DyOWhM076djQE0JOMvf%2Bx54xAAAAAGgtN1cAAAAB&reviewId=R3VM7YAFTPL57Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGV4H5YBTLGJ7GR5UD6SQ32L3V5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGV4H5YBTLGJ7GR5UD6SQ32L3V5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gigi and Pop Pop.](https://www.amazon.com/gp/profile/amzn1.account.AGV4H5YBTLGJ7GR5UD6SQ32L3V5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Doesn’t work.](https://www.amazon.com/gp/customer-reviews/R2GE6XIQJ91TBB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00Q78C1EW)

Reviewed in the United States on January 25, 2019

[Size: 12 Ounce (Pack of 1)](https://www.amazon.com/Pure-MAGNESIUM-OIL-Spray-Exceptional/product-reviews/B00Q78C1EW/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Tried for my RLS —(Willis Ekbon Disease) nope.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNE5vheekUDizy9FocSCOFGQKXSVqo7%2FTTZJs0SgemePAAAAAGgtN1cAAAAB&reviewId=R2GE6XIQJ91TBB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGC4EF3RLVAXXJ5BU3WH2PW7V7NQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGC4EF3RLVAXXJ5BU3WH2PW7V7NQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Robb](https://www.amazon.com/gp/profile/amzn1.account.AGC4EF3RLVAXXJ5BU3WH2PW7V7NQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Miracle Pills. Yes, really.](https://www.amazon.com/gp/customer-reviews/RMVYLZGFTO50W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 20, 2012

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS since I was a kid, in the single digits, unable to sit at the table all the way through dinner because my legs would act up so much. Now many years later, the symptoms are even worse and severely pronounced at night. I was forcing myself to go to bed at 8pm every night, so I could toss and turn for a couple of hours, until I finally fell asleep. The later in the evening it was, the harder it would be to sleep due to my RLS. I had pretty much given up being able to sleep if I tried to lie down after midnight.  
  
It was one of these 3am "I can't sleep, I'm so tired, I can't do this anymore" moments where I researched for something, anything, that would help. Otherwise, I was going to have to start taking prescribed medications which I am loathe to do. I did some poking around in my half-awake state and stumbled onto these. The reviews here seemed real, that this really helped others, and I was so desperate I was willing to plunk down the $20 to see if this made a difference. I tried it the first night, not expecting it to work at all, but hoping to be pleasantly surprised.  
  
The result shocked me. After taking one dose right before bed, I was asleep in fifteen minutes and slept the entire night. I can't remember the last time that happened.  
  
These are miracle pills for me. I've taken them every night since and had the same reaction. They work extremely quickly when I have RLS episodes during the day, to the point that I have a bottle with me everywhere: Home, work, and the car. They're in my travel bag. I don't know what I would do without them.  
  
Your mileage may vary, but give them a shot at the very least if you've got RLS that is impacting your life. I hope you have the same results as I did... it's lifechanging.

83 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMBdrkigAXu7HCkxiUcfqKtOjnEaQGheAE71OWpqaojcAAAAAGgtNkgAAAAB&reviewId=RMVYLZGFTO50W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEDF6C7NKKIO4M57GMXSZF6NK5ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEDF6C7NKKIO4M57GMXSZF6NK5ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cee Cee](https://www.amazon.com/gp/profile/amzn1.account.AEDF6C7NKKIO4M57GMXSZF6NK5ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Miracle in a bottle for RLS](https://www.amazon.com/gp/customer-reviews/R2E5WX3YJ20UJM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 23, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff really works! Amazing! If your legs have the urge to move or jerk when you sleep, you just gotta try these. It's like a miracle in a bottle. It really works and I can finally sleep. A must try!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHTBBUmjZeeQNpJLRDXjKwUQ6l2bB0Q82thPv0%2BYMSyfAAAAAGgtNkgAAAAB&reviewId=R2E5WX3YJ20UJM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHNPI75BSOMLVN7YF23I4MW56VSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHNPI75BSOMLVN7YF23I4MW56VSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[squashpup](https://www.amazon.com/gp/profile/amzn1.account.AHNPI75BSOMLVN7YF23I4MW56VSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* If you're thinking of getting a prescription for RLS...](https://www.amazon.com/gp/customer-reviews/R2H65VSKVAC0RW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 3, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

...try this first.  
  
I was beginning to worry that I was going to suffer with RLS for the rest of my life, or have to start on yet another prescription. Every night, my legs would act up and, no matter how tired I was, would not settle down until I got up and walked for several minutes. Sometimes, it would take multiple tries of walking, lying down, walking, lying down, etc. before I could get to sleep, and even then, my sleep wasn't great. If I woke up, it started all over again. And of course, every time I struggled with it, my wife paid the price. It got to the point where I considered sleeping in another bed, just to spare her the hassle.  
  
Let me say that I am the biggest skeptic when it comes to stuff like this. I usually treat the words "herbal", "homeopathic" and "all-natural" as synonyms for "ineffective quackery".  
  
But when you're desperate, that gets set aside, especially when you read reviews like I had read for this stuff And boy, I was desperate, so when I saw this, I immediately placed an order. I wasn't sure it would work, especially since I did not follow the recommended dosing instructions. It calls to take this every four hours, even throughout the day, and at that rate, I might as well have paid the money for a prescription. Instead, I only took 2-3 pills right before I got into bed.  
  
And it worked.  
  
It worked the next night, as well. And the night after. 2-3 pills right before bed, more if it didn't feel as if it were going to work, and I was usually good to go.  
  
I figured there must be a catch...at some point, maybe I would build up immunity to it and it would stop working. Well, on 20 of the past 22 nights, I've had zero issues with my legs, compared to misery and agony virtually every night before that. I have only had two episodes of RLS that didn't respond immediately to this product. Both times, I was able to get up and walk for a few minutes, then return to bed with my legs relaxed and no further problems. So, even when it doesn't immediately knock the RLS on the first dose, it certainly shortens the symptoms considerably.  
  
While it's not 100% perfect, it is MILES better than suffering every night, and on the rare occasion that I still have issues, it is a relatively minor inconvenience rather than a frustrating, ongoing experience.  
  
In 22 days, I'm just shy of halfway through the four pack, and if there's any downside, it is this, hence the four stars. I'd like to be able to buy 500 in a bottle, and since the pills are tiny, it certainly shouldn't be a big deal. You think 200 pills will last you a long time, but they do not. But, I'm not complaining too much. At the rate I'm going, I'm treating this for a little over $12 a month, and no doctor visit. Totally worth it.  
  
What a difference. Not only for me, but for my wife. We can finally get a good night's sleep.  
  
EDIT: Unfortunately, it didn't last. I've read that this is not uncommon with many RLS treatments. I had to take more and more pills to get relief, and now the pills don't work at all.  
  
It was a nice couple of months while it worked, though. I don't blame the product. It's just the nature of the condition.  
  
I would still recommend that anyone with RLS give it a try. Your results might be better than mine. I'm keeping the four star rating.

31 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOnR%2FCQaIMgMjVWhkrJXDUQQjGEpOUORM4bqAOSwkiD4AAAAAGgtNkgAAAAB&reviewId=R2H65VSKVAC0RW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3BFQX33JENKA5M72PQVVAWLYJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3BFQX33JENKA5M72PQVVAWLYJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[The Gardener](https://www.amazon.com/gp/profile/amzn1.account.AF3BFQX33JENKA5M72PQVVAWLYJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for me.](https://www.amazon.com/gp/customer-reviews/R2APM1MV1E94H7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 4, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a particularly active RLS condition. sensations of insects crawling through my legs and arms precede muscle spasms the are so fast and violent that my legs literally kick and thrash, and sometimes my arms flail. These episodes had been uncontrollable, even with prescribed drugs (Lyrica and Gabapentin), and had robbed me of sleep for years. Many nights were spent on the sofa or the recliner in another room so my thrashing would not keep my spouse awake. I had even involuntarily kicked the cat off the bed during an episode.  
I tried Restful Legs while desperately searching for help, and it was more effective than the prescribed drugs, but I was still experiencing the more severe episodes a few times per week. I finally tried taking CBD or hemp oil with the Restful Legs, and hit upon a combo that gives me 90% relief from this condition. I am finally getting the sleep I need most nights.  
  
Adendum: I have been using this product in tandem with hemp oil for several years now, and over that time, this combination has consistently given me about 90% relief from the symptoms. I rarely have a night when I have to take one or two more doses to control the sensations and spasms.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPn%2F2r1cnCbhXjsY2ooqhHK1l0UzH%2FD1FNhtzVKaBudTAAAAAGgtNkgAAAAB&reviewId=R2APM1MV1E94H7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEUVNLD3NKQUCBJCZ2DWIKULF3RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEUVNLD3NKQUCBJCZ2DWIKULF3RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Schatzie](https://www.amazon.com/gp/profile/amzn1.account.AEUVNLD3NKQUCBJCZ2DWIKULF3RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing Restless Leg Remedy and Sleep Aid .Better than Anything Else!](https://www.amazon.com/gp/customer-reviews/R3LNAUG9X9QM61/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 6, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Hyland's Homeopathic medications are incredible. My husband was prescribed a prescription medication which didn't work for Restless Leg Syndrome as well as Iron supplements and Vitamin C which helped, but didn't control the symptoms completely. He still takes the Iron and C, and gets great relief with from his RLS with Hyland's Restful Legs Tablets. They also are wonderful for his long-term insomnia. The beauty of Homeopathic medication is that they don't interact with other medications, aren't habit-forming, are very inexpensive and effective. I have Fibromyalagia ( which causes muscle stiffness, cramps and fatigue) and use this also. I also use Hyland's #6 Kali Phos. for stress. They are a great company!

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMv%2FAq07yjhBMDmwMNDo81NMpTou%2BBf9Kh15YZgtQEwNAAAAAGgtNkgAAAAB&reviewId=R3LNAUG9X9QM61)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGP6XUGXIUE6PP4ML2CZGX42S5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGP6XUGXIUE6PP4ML2CZGX42S5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DLG](https://www.amazon.com/gp/profile/amzn1.account.AGP6XUGXIUE6PP4ML2CZGX42S5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Acts quickly but did not take away all symptoms - but i do have a severe case of RLS](https://www.amazon.com/gp/customer-reviews/R236OK6ICTH48S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 21, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have an advanced case of Restless Leg Syndrome (RLS) inwhich i get symptoms every single night. Without meds, my symptoms would go on for 10 hours. I take prescription medication but occasionally, my symptoms start early or i have break thru in the middle of the night. Since my Rx meds take at least 45 min to start providing relief, I use Hylands product which acts FAST and relieves about 60% of my symptoms with no side effects. This is enough relief to calm me down while waiting for heavy duty relief of Rx drugs. So i see this as an adjunct to my Rx meds since it works quickly and the benefit lasts for maybe 1 -2 hours. Hence, 4 stars. If i did not have the Rx drugs and only used Hyland's product, it would earn 2 stars. People with mild RLS might find this a good option to relieve symptoms so I did not want to discourage its use by giving a lower rating.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBz1r5yP%2FmWZfpP6Sl8NKeMUZ7bvh%2FA6A%2FD2E9QaBy6dAAAAAGgtNkgAAAAB&reviewId=R236OK6ICTH48S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAB37YQUNG5XWA5CMYRUZ4AW7BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAB37YQUNG5XWA5CMYRUZ4AW7BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sage-Jay](https://www.amazon.com/gp/profile/amzn1.account.AEAB37YQUNG5XWA5CMYRUZ4AW7BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Don't know how, but it works well](https://www.amazon.com/gp/customer-reviews/RQCL3UBK13V1C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 30, 2009

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless Leg Syndrome (RLS) is a conundrum - no one knows the cause and no one has any cure. When I first experienced RLS earlier this year (2009), I went online to find out what it is, why it's happening, and (most of all) what to do.  
  
Online discussions talk about allergies to casein in dairy products, electrolyte imbalance, iron deficiency, and even that RLS is psycho-somatic (imagined). Treatments talk about everything from going dairy & gluten free, to taking mineral supplements, to getting more exercise, to seeking "professional" help.  
  
And then there are the medications. Most of the medications suggested to treat RLS are also used to treat severe neurological disorders such as Parkinson's. The side effects of these medications seem almost as intolerable as the RLS condition itself.  
  
Then I found the Restful Legs product. I let 3 tablets dissolve under my tongue, every four hours (6am, 10am, 2pm, 6pm, and 10pm). The very first day I was finally able to sleep through an entire night without disruption from the RLS. After 5 days, I cut back the doses to just 2pm, 6pm, and 10pm. I did this because the RLS completely quit in my right leg. Today I take one dose before bed and I regularly make it through the night.  
  
I would not have believed it since Homeopathics seemed like sophistry. And yet, this has worked very well for my RLS. I'm very happy with this product.

157 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHWkJ1P9IeofAdJKUtUNbPh35%2FiJ9oFeDVJKym49pwXKAAAAAGgtNkgAAAAB&reviewId=RQCL3UBK13V1C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHORKKPLRWJD5VQSORQSMJVH37RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHORKKPLRWJD5VQSORQSMJVH37RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[laurs](https://www.amazon.com/gp/profile/amzn1.account.AHORKKPLRWJD5VQSORQSMJVH37RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works pretty good](https://www.amazon.com/gp/customer-reviews/R36MGRRU49ETUY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 2, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was not really expecting this to work although I really wanted it to. I have had RLS since I can remember - age 2 or 3 at least. I'm 34 now and the symptoms get worse and worse each year. I have taken Requip but can only tolerate a small dose without having severe side effects. When that quit the only options I was left with were benzodiazepines or opiates which I really, really didn't want to do.  
  
Enter Restful Legs. The first day I tried it while my legs were already going nuts. I was disappointed when I got no relief but I didn't give up. The next night I took the dose before bed, before the symptoms started showing up. Success! It's great taken as a preventive, it just doesn't relieve symptoms that are already happening

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDZpvwebJL%2Bk7yWiwhn29xDoaWoxlQykT%2F4rhphEyBnZAAAAAGgtNkgAAAAB&reviewId=R36MGRRU49ETUY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDOBJCVAWPIK6PS6X7ZTT7LQSIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDOBJCVAWPIK6PS6X7ZTT7LQSIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sarah Bailin](https://www.amazon.com/gp/profile/amzn1.account.AGDOBJCVAWPIK6PS6X7ZTT7LQSIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The only thing that helps RLS](https://www.amazon.com/gp/customer-reviews/R1QFVG1ZPX5I2T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 23, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My whole family has RLS and hypersomnia, so we sleep a lot and are uncomfortable the whole time! We’ve tried magnesium, iron, vitamin D, nothing has stopped the itchy feelings once they start except these pills. I literally keep a bottle in every room, so this value pack was a real money saver. The taste and chalkiness is terrible, but worth it. Note that they do not prevent episodes, but they can shorten them so you can distract yourself.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hInvNYGSVXC90uU9V1oLKHcz%2B7KbB3nqjvO%2FOT4cT%2FlnAAAAAGgtNkgAAAAB&reviewId=R1QFVG1ZPX5I2T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3TTNC2PQDRJ6Z2MQ7M4QVS2CTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3TTNC2PQDRJ6Z2MQ7M4QVS2CTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Barbara,](https://www.amazon.com/gp/profile/amzn1.account.AG3TTNC2PQDRJ6Z2MQ7M4QVS2CTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best I’ve found for restless legs](https://www.amazon.com/gp/customer-reviews/R3091HA43HHAFS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 24, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Love this product, have used it for years whenever restless leg strikes. I keep a bottle by my bed and one in the bathroom. Even seems to help with sleep, aside from the RL, but that’s just my experience. Did not want a prescription drug for this, but needed something. This works great for me.

##### [*4.0 out of 5 stars* fast acting](https://www.amazon.com/gp/customer-reviews/R13RVKBBFVREH6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 21, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe RLS and take prescription medication which sometimes take a few hours to work. this product works quickly, downside being it only last a few hours.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDhhmcKOohUnncKSqt3OvAgmm2mt3%2FYGePeyUQXsQqP7AAAAAGgtN24AAAAB&reviewId=R13RVKBBFVREH6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AENMD5ZLQXKP27DKODY2ALPNQ6GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AENMD5ZLQXKP27DKODY2ALPNQ6GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Danel LaRose](https://www.amazon.com/gp/profile/amzn1.account.AENMD5ZLQXKP27DKODY2ALPNQ6GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* CANNOT MAKE IT THROUGH ONE NIGHT WITHOUT THEM](https://www.amazon.com/gp/customer-reviews/R3MVW0XLPZZ39A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 20, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I SWEAR by these dissolvable tablets to help with my Restless Leg Syndrome (RLS). I have to take around 4-5 to get them to be most effective, but if I do not have them...I am in agony! They are difficult to find in stores, and sometimes are expensive. I purchase them from Amazon so I am sure never to run out. I wish they made them in a dosing and bottle a little bigger. I take 5 a night and am usually out of them in a weeks time. Can start costing alot. Right now though, I have no choice if I want to be rid of my RLS pain. Definitely recommend for RLS!!

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hILW6cykdspx5wcZ%2FsXTlpXhqd9ua59MBhxVvkXV1r2TAAAAAGgtN24AAAAB&reviewId=R3MVW0XLPZZ39A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGHOEAZMGOYKU42XMU26KQRHS6TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGHOEAZMGOYKU42XMU26KQRHS6TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dave](https://www.amazon.com/gp/profile/amzn1.account.AGHOEAZMGOYKU42XMU26KQRHS6TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helps with rls symptoms](https://www.amazon.com/gp/customer-reviews/RAJ113J9UARD4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 8, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was recommended by a friend who says it helps. I find that when my legs start to “jump” I use the tablets and it does help alleviate my symptoms.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEni5IAmDkI%2FS5j5sK2ne1K79s81L8Hq8lT1BgfX30HsAAAAAGgtN24AAAAB&reviewId=RAJ113J9UARD4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJDIYWUJRHOJIZOO7WYAGV6PDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJDIYWUJRHOJIZOO7WYAGV6PDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JesusSaves](https://www.amazon.com/gp/profile/amzn1.account.AFJDIYWUJRHOJIZOO7WYAGV6PDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Lifesaver](https://www.amazon.com/gp/customer-reviews/R1AUFI05URWZ8W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 26, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been using this for a couple of years and don't know what I ever did before I found it. I Began suffering from mild RLS symptoms in my 30's and "managed" it by taking something to put me to sleep. Then I hit menopause in my early 40's and the RLS symptoms took off. I felt like I was going to jump,out of my skin at night but wasn't willing to take pharmaceuticals. As a long-time believer in homeopathy I looked for something for my itchy, jerky feet and legs. From the very first dose I felt better....my symptoms were "soothed" and I feel sane again. Most days I only need one dose of 3 tabs in the evening but occassionally I'll need a second dose of 2 tabs. Restful Legs has been a lifesaver for me snd I cannot recommend it enough. Usually Amazon has the best price so I order in bulk.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOf4Dccq7mhmqbvWCbZdvDRhw%2BRyYpvxm5qsYz4lUG1fAAAAAGgtN24AAAAB&reviewId=R1AUFI05URWZ8W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGTPSPO5ECD6WNQC6U2HVF4G2HBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGTPSPO5ECD6WNQC6U2HVF4G2HBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dianne Pomeroy](https://www.amazon.com/gp/profile/amzn1.account.AGTPSPO5ECD6WNQC6U2HVF4G2HBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Stops RLS, though only temporarily](https://www.amazon.com/gp/customer-reviews/R15QO6Q7JQNN69/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 31, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like the Hylands for restless legs because it helps get me through IF my regular medication stops until the next dose I need to take.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIMGPBzynaGUrz4awCSdonFuZnhBIHhfn3pZooyjSUwTAAAAAGgtN24AAAAB&reviewId=R15QO6Q7JQNN69)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJFPGFBM6TMD5JKOY55EN4COYNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJFPGFBM6TMD5JKOY55EN4COYNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CB](https://www.amazon.com/gp/profile/amzn1.account.AFJFPGFBM6TMD5JKOY55EN4COYNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* If using at night, suggest the Hyland's Restful Legs PM](https://www.amazon.com/gp/customer-reviews/R7NIPKDGG45DX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on September 14, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I keep a bottle on my nightstand, I get awful RLS at night. I did find that for me, the PM version works better. I never travel without it either......RLS sucks.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG9Bhme0mo3A7ITAmJJJlkkFCvAo83Oh8La4cMiMm2pBAAAAAGgtN24AAAAB&reviewId=R7NIPKDGG45DX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWRVMW7SSYSLTO3VNX67FE243EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWRVMW7SSYSLTO3VNX67FE243EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Wendy](https://www.amazon.com/gp/profile/amzn1.account.AFWRVMW7SSYSLTO3VNX67FE243EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Effective relief](https://www.amazon.com/gp/customer-reviews/R38DJYWQWJKLYH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 22, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this for my MIL who suffers from RLS. She feels so overwhelmed by the amt of meds she has to take that she really didn't want to add yet another pill that might interact with other meds. She uses this now when she feels RLS symptoms & likes that it has no side effects & it doesn't interact with her other meds. Even though it is naturopathic, we did check with her Dr, who Ok'd it. She finds it particularly useful to have by her bedside as she often gets RLS in the night. She doesn't have to get out of bed (& potentially fall) or get upright to drink water as they just dissolve under your tongue.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC9q%2Fg%2F4pi6uxpGqaHeLJSgZL0d8eiTU%2Fqge2I0Lt4i%2BAAAAAGgtN24AAAAB&reviewId=R38DJYWQWJKLYH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWZMO2KM5K7B7JFBTCLFWSMSKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWZMO2KM5K7B7JFBTCLFWSMSKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[T. Angelo](https://www.amazon.com/gp/profile/amzn1.account.AGWZMO2KM5K7B7JFBTCLFWSMSKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Holy cow... it works!](https://www.amazon.com/gp/customer-reviews/RBE7Z3JL89ZA6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 16, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've suffered from RLS for years. It's the most stupid, ridiculous, nonsensical thing imaginable: I lay in bed and and have an overwhelming need to move/re-position my legs. No pain, no tingles, just an incredible sensation that I have to move my legs... or I'll go insane. Actually, I thought I was nuts until RLS started being discussed as a real thing. Well, these little pills actually work. I don't know how, and I don't care, they just work. I take three under my tongue right before bed and what was once an overpowering sensation becomes just a mild "suggestion" that I can tune right out. As close to a miracle as I've ever encountered.  
  
EDIT 09/05/14: Still works when I need it, and I am still amazed that it does!  
  
EDIT 08/05/15: Almost never need this stuff anymore, which is super awesome, but when I do it still kills the stupid, overwhelming urge to move my legs in about 20 minutes.

51 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK8UZrR5XjoksJ%2FOuZH0Qkt6e%2BY8%2BIk6MEy7y3dV%2BgB5AAAAAGgtN24AAAAB&reviewId=RBE7Z3JL89ZA6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGRPMLRW7KYIUIW4FE4BYKTHBC2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGRPMLRW7KYIUIW4FE4BYKTHBC2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Uwish](https://www.amazon.com/gp/profile/amzn1.account.AGRPMLRW7KYIUIW4FE4BYKTHBC2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Yes, Restless Leg Syndrome is real](https://www.amazon.com/gp/customer-reviews/RI2U3BIBHOZS0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 28, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When I let acquaintances know about my affliction with RLS....I get a lot of rolled eyes and smirks. Well, unfortunately for me, it's not a fake problem. My Dad had it for years and I didn't get it until my late 40's. Boy is it annoying. But these Restful Legs are very helpful for when it does flare up, which is usually when I need to sit for long periods. My doctor had me on valium for it, but I don't necessarily want to fall asleep every time it happens. Bye bye valium. Thank you Restful Leg!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGS5x4LLJW%2F8jhyspzf%2BuefUydABtYh1zBGqBtcWPjWjAAAAAGgtN24AAAAB&reviewId=RI2U3BIBHOZS0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEZ6LXTS2NSQLR5TPFQP5U67J6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEZ6LXTS2NSQLR5TPFQP5U67J6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LisaW](https://www.amazon.com/gp/profile/amzn1.account.AEZ6LXTS2NSQLR5TPFQP5U67J6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing stuff](https://www.amazon.com/gp/customer-reviews/R2I2IO6TEPA4XU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on November 19, 2012

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had problems with RLS (Restless Leg Syndrome) for years, and I imagine I've tried every suggestion I've ever come across. I tried RX medication, but had a terrible rebound effect.  
  
I happened to see these at a local grocery store on the pharmacy shelves, and thought I'd try it. I never expected it to help. NEVER...Well, they do. I don't know why, and I don't care. Sometimes I have taken up to 5 a night, but it's worth it to get a good night's sleep. In the couple of months I've been using these, I've had only one, maybe two nights when these didn't help right away. But, NO sleepless nights.  
  
I'll keep using this product as long as it's helpful. Sometimes RLS remedies help for awhile, and with time seem to become less effective.

4 people found this helpful

##### [*5.0 out of 5 stars* This stuff works!](https://www.amazon.com/gp/customer-reviews/RJEOCF4CN38WS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 16, 2012

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was reluctant to to try any of the prescription medications my sleep specialist suggested-they are mainly used to treat Parkinson's disease, and have side effects. So I started looking on the internet for non-prescription alternatives, and that's how I found Restful Legs. I thought, I'll give it a try, it doesn't cost much, what do I have to lose? To my amazement, this stuff really works! I take on average, 3 tablets an hour or two before bed, then 2 more right before bed. Sometimes I will wake up in the middle of the night and take two more. You have to figure out what works best for you. The point is, I don't lie awake for hours any more, trying not to move my legs or feet! I would urge anyone with RLS to try this product.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAuI%2FaSZuHtyrNB9uONBo4jakNppAm29bwszeFt3FEzfAAAAAGgtN3YAAAAB&reviewId=RJEOCF4CN38WS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGV2KIPJE5NDYNBDHHEU6CM4S24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGV2KIPJE5NDYNBDHHEU6CM4S24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kaytee33](https://www.amazon.com/gp/profile/amzn1.account.AGV2KIPJE5NDYNBDHHEU6CM4S24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Miracle supplement](https://www.amazon.com/gp/customer-reviews/RUFXHYDSJP9MW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on November 22, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Not only do I have restless leg syndrome, but I also suffer from insomnia. Not only do these immediately treat my RLS symptoms, they also help me sleep like a baby. I’ve been on so many prescribed sleep medications throughout the years with no luck, so that was a huge added bonus!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBXQvPvHtCXoSIBMGM0lr0JGiIEtj24mIbJkFVYx3bGMAAAAAGgtN3YAAAAB&reviewId=RUFXHYDSJP9MW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYZ42D3M2ISCT6GFOJB7KCZKSCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYZ42D3M2ISCT6GFOJB7KCZKSCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CleverReviewName](https://www.amazon.com/gp/profile/amzn1.account.AGYZ42D3M2ISCT6GFOJB7KCZKSCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Only thing that has ever really helped](https://www.amazon.com/gp/customer-reviews/R2EBWTEQV8I69P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 3, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has honestly been the only thing that has every helped calm restlessness in my legs after it has set it. Normally, if I am active during the day and stretch well at night, I will be ok at night. However, on nights when no amount of stretching - which if you have RLS, you know is hard to do once you are feeling 'restless' - will calm the feeling this does. I do, however, use this much more often on days I am sitting in an office for hours on end and I know, before I even think of sleep, that it will be one of those nights. If I take it ahead of time, it can prevent the onset.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hASwFocgIdm24t72gUlezyOLTk6cXNAYR7vTc9Kf%2BNxfAAAAAGgtN3YAAAAB&reviewId=R2EBWTEQV8I69P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEY4R6XQ3T4X6W2YJFAFNB4Z6GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEY4R6XQ3T4X6W2YJFAFNB4Z6GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[teacup](https://www.amazon.com/gp/profile/amzn1.account.AHEY4R6XQ3T4X6W2YJFAFNB4Z6GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really does work](https://www.amazon.com/gp/customer-reviews/REYRS3GQTX3W0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 1, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been using this for a few years. My 85 year old father was looking for a solution for his RLS that wouldn't involve more medications that don't work with his other meds. I gave him this and my mom tried it, too. They've been getting the best rest they've had in years. Now 4 of my siblings are using it, too.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMqFCy1Ga5K6iGtMdj7McxUYpjSkDU9CSQNCPa%2FVIYQHAAAAAGgtN3YAAAAB&reviewId=REYRS3GQTX3W0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHLP2UT42RRMDPKMJDPJBNDQVOYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHLP2UT42RRMDPKMJDPJBNDQVOYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHLP2UT42RRMDPKMJDPJBNDQVOYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Hylands](https://www.amazon.com/gp/customer-reviews/R22WPSPEQ255AL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 2, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I take this along with my regular prescription medication, as suggested by a medical professional. I have RLS severely and sometimes my prescription doesn’t keep it at bay by itself.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGb5QUcfpKX7yw7X%2BnUA3U6oDXVZ2Pn9szfKNegfHZBQAAAAAGgtN3YAAAAB&reviewId=R22WPSPEQ255AL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6DA6AV6JULO2SF35UANQIZ2YOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6DA6AV6JULO2SF35UANQIZ2YOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[L](https://www.amazon.com/gp/profile/amzn1.account.AF6DA6AV6JULO2SF35UANQIZ2YOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Gets the job done without having to take toxic meds](https://www.amazon.com/gp/customer-reviews/R218LH0GNYNXBJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on October 9, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Love that I can take a natural remedy for my RLS. The person who stated that many of the ingredients in this product is toxic clearly does not understand how homeopathy works.... Do you homework before commenting, there are some really great books out there that explains how homeopathy works.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB83EePKej7cu0acZwWIqsNLD017ThqGhp7Q07o%2BdDCcAAAAAGgtN3YAAAAB&reviewId=R218LH0GNYNXBJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDISBOCNAWOO5RSOQBVK24M5F5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDISBOCNAWOO5RSOQBVK24M5F5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rob in Mountains](https://www.amazon.com/gp/profile/amzn1.account.AHDISBOCNAWOO5RSOQBVK24M5F5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing](https://www.amazon.com/gp/customer-reviews/R2E3N04GI5W98C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 30, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was diagnosed with RLS many years ago based on more than one sleep study and had earlier been taking mirapex and other prescription meds. I have not taken prescription meds for RLS for several years and found that my RLS does not bother me every night. But when it does, I found these usually work for me. I think there may have been one night when they didn't--but overall this is an amazing find. It says "not to be used for RLS" or some such but I imagine they must say this for legal CYA. These do work for me and are definitely worth a try.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCBdJo2UkB2R61zSAgpnV7gDvYyUq5647Ne9neZ17TxxAAAAAGgtN3YAAAAB&reviewId=R2E3N04GI5W98C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOGD7FJREPMTKP2EMOY4FYRN7SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOGD7FJREPMTKP2EMOY4FYRN7SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bobbie J. Alberty](https://www.amazon.com/gp/profile/amzn1.account.AFOGD7FJREPMTKP2EMOY4FYRN7SQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Pretty good product.](https://www.amazon.com/gp/customer-reviews/R2A9EN0B31Q6JW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on October 1, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for many years and the only thing that ever worked was quinine pills, until they took them off the market. These work pretty well, better than anything else I've tried. Sometimes they work right away and sometimes it take awhile. I was leery about letting a pill 'melt' under my tongue but these taste great and sometimes I'm tempted to just put one under my tongue for a sweet fix. LOL

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBQPv9FD7emqksiaV5AJwIz%2B1ycoYpDRkmCxSLClfFfmAAAAAGgtN3YAAAAB&reviewId=R2A9EN0B31Q6JW)

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[B. Gosse](https://www.amazon.com/gp/profile/amzn1.account.AEOINBO2K76CX23YIW2RXPAAUCVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless legs no more 😊](https://www.amazon.com/gp/customer-reviews/R14P6HJRW2IEUW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 13, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for years and have tried 2-3 prescription meds. None of them worked for very long. While visiting a friend, i tried 2 tabs one night, and slept better than I had in months. I don't know what the secret is, but natural was the way I wanted to go anyway. Two tabs a night, placed under the tongue, dissolve instantly and go to work. No more jerking, stretching, or aching all night. For this money, It's worth a try.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAHwYoJxkUnFzmqryaYmcOCAn3yaNVDBUQJU10XfFX1qAAAAAGgtN3YAAAAB&reviewId=R14P6HJRW2IEUW)

[[A person looking at the camera

Description automatically generated](https://www.amazon.com/gp/profile/amzn1.account.AHGUREGBMY3NKFVCZ33HXCYIJJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGUREGBMY3NKFVCZ33HXCYIJJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Robert Korczak-Sielicki](https://www.amazon.com/gp/profile/amzn1.account.AHGUREGBMY3NKFVCZ33HXCYIJJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* What A Wonderful Product!](https://www.amazon.com/gp/customer-reviews/R2QZJ7N1IQFWO3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 26, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS for as long as I can remember and it's cost me tons of bad sleep. I was skeptical about this product doing what it claimed but it does. Amazingly enough it does mitigate Restless Leg Syndrome and I'm in shock and very grateful that it exists.

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5O7APJ7QVN2QMZ64CMFMJ5WLCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5O7APJ7QVN2QMZ64CMFMJ5WLCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[RunneR](https://www.amazon.com/gp/profile/amzn1.account.AG5O7APJ7QVN2QMZ64CMFMJ5WLCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* After years of RLS ...... finally, relief!!!](https://www.amazon.com/gp/customer-reviews/R5930FYSN8JAI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 1, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered from RLS for about 10 years and tried many remedies. This is the one that works .... these little pills are wonderful. I also rub a few sprays of magnesium oil into my legs before bed. 4 of the pills and no more RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJQkwLCZjL%2FGwaeZjhdhhgo45u5Flw4Bh6q8mcPVlrLKAAAAAGgtN38AAAAB&reviewId=R5930FYSN8JAI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGUQNWNPZ7LDCTABLY2AEUWOK7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGUQNWNPZ7LDCTABLY2AEUWOK7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[oneway](https://www.amazon.com/gp/profile/amzn1.account.AGUQNWNPZ7LDCTABLY2AEUWOK7RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* DID NOT WORK](https://www.amazon.com/gp/customer-reviews/R3TEWDJ5RV03NZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 3, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I shouldn't have wasted my money. Homeopathic medicine is a pseudo-science based on a doctor from over 100 years ago that believed that if you take a trace amount of whatever is the cause of your illness that or will cause your body to adjust and repair. Only a handful of things like honey for allergies is that true!  
  
In my humble and educated opinion, i was crazy to think it would work. It's a money making scheme for companies to profit off those who think they are better or no longer have a problem they never had in the first place by taking a placebo!  
  
Get a vibration plate for RLS and learn how to use it properly so it didn't hurt your spine but will reduce or eliminate RLS entirely or Red Light Therapy. Don't waste your money on placebos. I just tried it because I'm now driving a semi while studying Functional Medicine in Doctoral program and taking the vibration plate along there was not enough room for.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC8WD%2F%2BE5fe0vem4UoL4zEry9XrPAo14r17R%2F6SUU%2FjiAAAAAGgtN38AAAAB&reviewId=R3TEWDJ5RV03NZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFLTZDIYBY3SXHEM4CWWWX2XYBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFLTZDIYBY3SXHEM4CWWWX2XYBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[iRed](https://www.amazon.com/gp/profile/amzn1.account.AFLTZDIYBY3SXHEM4CWWWX2XYBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* These work so well!](https://www.amazon.com/gp/customer-reviews/R2JOFEVFCVUEGW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on September 14, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Ive had RLS for decades and nothing else has ever helped me like these do.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKWCpxr3mrn4QrU57pH7X5iBp%2BnShhV%2FCwsPCkhxaDJWAAAAAGgtN38AAAAB&reviewId=R2JOFEVFCVUEGW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBW5LM675BL27H6ZDFCPGCDSP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBW5LM675BL27H6ZDFCPGCDSP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[eshadey](https://www.amazon.com/gp/profile/amzn1.account.AFBW5LM675BL27H6ZDFCPGCDSP4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Surprised How Great They Work!](https://www.amazon.com/gp/customer-reviews/R33GKQ1XAI1FQL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 13, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been dealing with RLS for years and was becoming desperate. I thought I would give these a try, believing they probably wouldn't work. Wow was I wrong. They work GREAT!! Within 30 minutes of putting 3 tablets under my tongue, they start working to calm the nagging sensation in my legs. Such a life saver. I bought several boxes to keep on hand. I even keep one in the RV. Worth every penny.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH0hWo2wEy22Gp0mR83YX1MxY2%2FiECBHuBhrHxu7tPoTAAAAAGgtN38AAAAB&reviewId=R33GKQ1XAI1FQL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHCSSJDTOFR5E5DZ2VCTOC5EYAGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHCSSJDTOFR5E5DZ2VCTOC5EYAGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[KiLu8](https://www.amazon.com/gp/profile/amzn1.account.AHCSSJDTOFR5E5DZ2VCTOC5EYAGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* AWESOME!!!](https://www.amazon.com/gp/customer-reviews/RW881TANTZP1T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 1, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If you suffer from RLS, like I do, this product is a necessity! I usually take 2 pills at night when I feel that familiar twinge in my legs and that's all I need. It works pretty quickly and lasts all night!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGLOxhUcAxf0t%2BKT0K5mPT2tKlccrk4pSL1fdVUNSbtvAAAAAGgtN38AAAAB&reviewId=RW881TANTZP1T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF7KMV7AJEQKA7USICXL4OXMZUVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF7KMV7AJEQKA7USICXL4OXMZUVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Andrew](https://www.amazon.com/gp/profile/amzn1.account.AF7KMV7AJEQKA7USICXL4OXMZUVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Life Changer!](https://www.amazon.com/gp/customer-reviews/RG3F92VEOSHUJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on November 11, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've struggled with RLS for years now. In class, in bed, in the car, watching a movie...all become incredibly annoying due to the itchy..kicking..painful nonstop motion of my legs. I was prescribed a medication for RLS but it made me tired and cost too much. This product works wonders...comes in a little bottle that is ideal for travel, and has saved me many nights of discomfort.  
  
If you have RLS consider getting this product, it is a life changer!

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHczbL7wTresFJ5mfAQo%2FccW9naJvc3KvlbwV2hwQdmGAAAAAGgtN38AAAAB&reviewId=RG3F92VEOSHUJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFU2X3YKBJX7TEW35M7VNHUBP5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFU2X3YKBJX7TEW35M7VNHUBP5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel](https://www.amazon.com/gp/profile/amzn1.account.AFU2X3YKBJX7TEW35M7VNHUBP5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They taste somewhat sweet with no bad aftertaste and dissolve quickly](https://www.amazon.com/gp/customer-reviews/R1NXM88BXDRKBZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 31, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product really works well for temporary relief of RLS. I use it regularly, taking 2 tablets right before going to sleep. The nights when I wake up later because of RLS, I take one more tablet and am usually able to fall back to sleep quickly. They taste somewhat sweet with no bad aftertaste and dissolve quickly. I order from this seller regularly and have never had any issues.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBmIenWWQ95d%2BiugUk12umv9Uu%2FQ4a7NTKuUXxXyDrxtAAAAAGgtN38AAAAB&reviewId=R1NXM88BXDRKBZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFDBJQCFS552LWISM6H2OQTDHPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFDBJQCFS552LWISM6H2OQTDHPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[nature lover](https://www.amazon.com/gp/profile/amzn1.account.AFDBJQCFS552LWISM6H2OQTDHPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for me!](https://www.amazon.com/gp/customer-reviews/R2HWMO785FRZO7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 5, 2011

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've suffered from RLS since college and never found a solution until now. It may work for me versus other reviewers because I don't take them until I'm having an "attack." Typically I'd suffer for hours, but it stops almost immediately usually before they're fully disolved under my tongue. Two tablets work for me and I've not had any side effects using it for the past 8 or 9 months (probably 50 doses). I keep them within reach for nightime attacks. Oh how I wish I'd found these years ago!

22 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFBpe9nbGplDeQMEeCZyN9SLdlPGn6d0Qf3ryzAED%2FaJAAAAAGgtN38AAAAB&reviewId=R2HWMO785FRZO7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHH2GRVAFQITIXYQ2PVABTYHXO7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHH2GRVAFQITIXYQ2PVABTYHXO7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Stacy J.](https://www.amazon.com/gp/profile/amzn1.account.AHH2GRVAFQITIXYQ2PVABTYHXO7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Couldn’t Live Without](https://www.amazon.com/gp/customer-reviews/RNQ5ILKFQZCGG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 31, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I rely on these pills because I suffer from RLS. They are so expensive at the store—buying from Amazon is much more economical. The pills work very well, pretty much instantly. For really bad episodes, I often take more than one dose throughout the evening.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPRaitKn5VlJU%2BmQ1hGq8Ra6mG30rFGgne6tNFrJUVDiAAAAAGgtN38AAAAB&reviewId=RNQ5ILKFQZCGG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDXB3BERT3EFZ24ATTMCMLWXOTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDXB3BERT3EFZ24ATTMCMLWXOTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[customer](https://www.amazon.com/gp/profile/amzn1.account.AHDXB3BERT3EFZ24ATTMCMLWXOTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps to temporarily relieve sy;mptoms](https://www.amazon.com/gp/customer-reviews/R34VM9JHOWVQSB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 27, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps to relieve RLS temporarily. Expensive when these OTC product needs to used daily.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEIPH2PD2LWFLGVKEGDVUXQ5NIMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEIPH2PD2LWFLGVKEGDVUXQ5NIMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nancy K](https://www.amazon.com/gp/profile/amzn1.account.AEIPH2PD2LWFLGVKEGDVUXQ5NIMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless Leg Relief!](https://www.amazon.com/gp/customer-reviews/R2PDUD0XF20F86/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 23, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are life savers when I have restless legs! I get the regular for day and PM if my RLS wakes me at night.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJzk1iDl17dRhTCzYHnyswmotL8mQ66ysqwvBIAJI7CGAAAAAGgtN4sAAAAB&reviewId=R2PDUD0XF20F86)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEZRPMQ3MVLOKE5QMYIEUKN6P5TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEZRPMQ3MVLOKE5QMYIEUKN6P5TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Karlene](https://www.amazon.com/gp/profile/amzn1.account.AEZRPMQ3MVLOKE5QMYIEUKN6P5TA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Life saver](https://www.amazon.com/gp/customer-reviews/R2DITD9A9I5ZAW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 7, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My partner keeps me up with their RLS, but not anymore after I found this stuff! Works perfectly.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCai5OmqnB3aaOXBC3O%2BgD8EFvJPl6mD12g4j45AazwgAAAAAGgtN4sAAAAB&reviewId=R2DITD9A9I5ZAW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMDACW5TYMSNNUV7HQ7YINXKSDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMDACW5TYMSNNUV7HQ7YINXKSDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Diana](https://www.amazon.com/gp/profile/amzn1.account.AEMDACW5TYMSNNUV7HQ7YINXKSDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Finally got some sleep.](https://www.amazon.com/gp/customer-reviews/R1C5UP9H1TKJOU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this for restless legs. It is wonderful. I would recomend it for anyone with RLS. I'm finally getting some sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB26SzIisf0rUy%2BNAZPZ40V54T3PsrYdnhAUbEJwRCo3AAAAAGgtN4sAAAAB&reviewId=R1C5UP9H1TKJOU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGB6MWFSGTEE34HVZG6E73VN7OTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGB6MWFSGTEE34HVZG6E73VN7OTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Hug life](https://www.amazon.com/gp/profile/amzn1.account.AGB6MWFSGTEE34HVZG6E73VN7OTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product](https://www.amazon.com/gp/customer-reviews/R346CN0XSH42VH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 27, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Purchased these for my husband. He has RLS. He was tossing and turning at night, kicking his legs. Since he started using this product he's had no RLS complaints. He's been using them for over a year.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM%2B39rlOhZGz25CN65c%2FopXU2hjVpolJMnZLAnE9zsQwAAAAAGgtN4sAAAAB&reviewId=R346CN0XSH42VH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHJL4EI6BSPQTL7DWIIAL7NMR3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHJL4EI6BSPQTL7DWIIAL7NMR3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DEBRA J GIORDANO](https://www.amazon.com/gp/profile/amzn1.account.AEHJL4EI6BSPQTL7DWIIAL7NMR3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Wish it worked](https://www.amazon.com/gp/customer-reviews/R2BE1MO9WX0TSY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 31, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Seller was great product not so good. I have bad rls and it didn't really help.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGPsDhTjRRu50X9Ggf2XWxHY7nEJX8OKrwimL4n6XAldAAAAAGgtN4sAAAAB&reviewId=R2BE1MO9WX0TSY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQFS735HATZ7NHVDMQRRC4CGBHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQFS735HATZ7NHVDMQRRC4CGBHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Michael N. Lewis](https://www.amazon.com/gp/profile/amzn1.account.AFQFS735HATZ7NHVDMQRRC4CGBHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Get rid of RLS with Hylands Restless Leg Dissolving Tablets Trust Me It Works](https://www.amazon.com/gp/customer-reviews/R3BUJ2ZY71Y7HT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 12, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This tablet works I've suffered from restless leg for a few years tried prescribed med's with little or no results bought this restless all but goes away told my Dad and now his restless leg is gone after him buying this product I wouldn't lie I know how bad this problem is and this stuff works as advertised.. Thanks Mike and Tina

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCZ1tgSdHe3MOXfH2cpT3wx6N99rehmmqk1Vz941RDUgAAAAAGgtN4sAAAAB&reviewId=R3BUJ2ZY71Y7HT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHNFGGMWJERFZPLDJRB2E4Q4H2JQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHNFGGMWJERFZPLDJRB2E4Q4H2JQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[A. Fink](https://www.amazon.com/gp/profile/amzn1.account.AHNFGGMWJERFZPLDJRB2E4Q4H2JQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Product works.](https://www.amazon.com/gp/customer-reviews/R1NEE1Z3B1SVQ4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 12, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff does work for restless legs, I found out I had a medicinal caused akthesia, which is like RLS X 100 for that it did not work, but before that side effect appeared, it started out as RLS and this did calm it. They melt under your tongue, no need for a drink unless you want one because they don't taste bad at all!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD9OeMFGAwqpPSw9PbbQclaEhNJGvQvlMoHvlE2XL7%2BBAAAAAGgtN4sAAAAB&reviewId=R1NEE1Z3B1SVQ4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSZDFC7MPWK6DF6NSFXIYXSSTXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSZDFC7MPWK6DF6NSFXIYXSSTXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lisa Oxley](https://www.amazon.com/gp/profile/amzn1.account.AFSZDFC7MPWK6DF6NSFXIYXSSTXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS or Not? Works for me - THE ONLY THING THAT DOES](https://www.amazon.com/gp/customer-reviews/R2VNUW024Y56B2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 11, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Someone told me (rumor) the company has issued a statement that this is not for Restless Leg Syndrome, but it's still the only thing that helps me with it. I do take more than the bottle says, but it is the only thing that helps. I do not feel it is a placebo effect, since I read that and still feel relief.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNgqBr82c8fflRuQ1A8mEIU4418lV8hcZQ7ZKUY0IS0PAAAAAGgtN4sAAAAB&reviewId=R2VNUW024Y56B2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZXUXSJXXVHKBCMLK6YVIRZNT7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZXUXSJXXVHKBCMLK6YVIRZNT7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Veronica G.](https://www.amazon.com/gp/profile/amzn1.account.AHZXUXSJXXVHKBCMLK6YVIRZNT7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!!!](https://www.amazon.com/gp/customer-reviews/RMKKL1NNOMWWI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 1, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have used this product for years for my restless leg syndrome and it helps. I would recommend this product for anyone who has RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHphSrdiftLK78To8d4pzk1wFy%2BCnl7jNBF1qFTY%2BpezAAAAAGgtN4sAAAAB&reviewId=RMKKL1NNOMWWI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGMVAGRZSDPHUGID6RFCMICFYHXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGMVAGRZSDPHUGID6RFCMICFYHXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dreaming](https://www.amazon.com/gp/profile/amzn1.account.AGMVAGRZSDPHUGID6RFCMICFYHXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They are a God send for RLS symptoms!](https://www.amazon.com/gp/customer-reviews/RHZ42TJIHI38A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on September 20, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love HYLAND PRODUCTS AND These little pills are great for RLS symptoms of tingling in th middle of the night. 🌟

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7ZN2ASY5LARIYNKCUIBK4QW74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7ZN2ASY5LARIYNKCUIBK4QW74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Hilo Girl](https://www.amazon.com/gp/profile/amzn1.account.AH7ZN2ASY5LARIYNKCUIBK4QW74A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I am in love with this product](https://www.amazon.com/gp/customer-reviews/R63GHQ1CU4YOP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 23, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am in love with this product! When I am having a bout of restless leg syndrome and absolutely cannot get comfortable or go to sleep I put a few of these under my tongue and within a minute or so.......GONE! Completely stopped. RLS runs in my family so I'm sending some to them too!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNcAA5iEuHdR0EOp%2FT3kxrPZK5H1%2BVWE0TY7ixiPsK%2FVAAAAAGgtN5gAAAAB&reviewId=R63GHQ1CU4YOP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQQ22BE7VDSCRNKXBE2YBQ6HFUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQQ22BE7VDSCRNKXBE2YBQ6HFUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Linda L. Arocho](https://www.amazon.com/gp/profile/amzn1.account.AEQQ22BE7VDSCRNKXBE2YBQ6HFUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The best product for RLS](https://www.amazon.com/gp/customer-reviews/R2QVLUHFJVM3BU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 20, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When you can’t sleep at night or sit because of RLS this helps like no other product I have ever used.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA%2FH0R%2BiFvHXSgXTv%2FUnSmIvx42IDnNpCsFTgLdw1Ha4AAAAAGgtN5gAAAAB&reviewId=R2QVLUHFJVM3BU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFIDX3O6SXHYEVFGOYPIU2JXI3GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFIDX3O6SXHYEVFGOYPIU2JXI3GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[KELL95](https://www.amazon.com/gp/profile/amzn1.account.AFIDX3O6SXHYEVFGOYPIU2JXI3GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* worth it](https://www.amazon.com/gp/customer-reviews/R3AT3OLIOVWH7L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 10, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a prescription for RLS and on some nights, it just doesn't cut it. Restful legs has been such a help. My husband has an occasional issue with tingling in the legs and he will take this as well as needed. It helps to "settle" my legs that are "awake" while the rest of me wants to sleep.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOHDAbSXJkXWqYPWLWMwbxWNhtokygRF0TORkxZSM22NAAAAAGgtN5gAAAAB&reviewId=R3AT3OLIOVWH7L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAXGPDBRVFUQKZPDA35FQCAA5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAXGPDBRVFUQKZPDA35FQCAA5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gipsy Lover](https://www.amazon.com/gp/profile/amzn1.account.AGAXGPDBRVFUQKZPDA35FQCAA5OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* GREAT PRODUCT!](https://www.amazon.com/gp/customer-reviews/R2UM0I3O0JKEZB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 21, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

GRANDMA HAD RLS AND MOM HAD IT TOO. SO I BOUGHT THESE FOR MOM. THEY HAD HELPED HER A LOT. GOOD PRODUCT! I SPOSE I WILL HAVE RLS ONE DAY. SEEMS HEREDITARY.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hN6QWT0ZHlCb4thqmsvrfy2ZSD0IEEinyC%2F5HHZ0OpUnAAAAAGgtN5gAAAAB&reviewId=R2UM0I3O0JKEZB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHR3DE76DHGZ4JQQLVF3WXXZ7FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHR3DE76DHGZ4JQQLVF3WXXZ7FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[GW](https://www.amazon.com/gp/profile/amzn1.account.AHHR3DE76DHGZ4JQQLVF3WXXZ7FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* expensive](https://www.amazon.com/gp/customer-reviews/R2XAX65DOND26R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 27, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These do give some relief from RLS but why do they cost so much?

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFGnUH%2BgypA5PrVryciIOjk%2B2eNgQGyxKgJ3KtGKIytlAAAAAGgtN5gAAAAB&reviewId=R2XAX65DOND26R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGUXADHY57QI4URJMD4BFLKRW5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGUXADHY57QI4URJMD4BFLKRW5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ali kasem](https://www.amazon.com/gp/profile/amzn1.account.AGUXADHY57QI4URJMD4BFLKRW5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well with RLS](https://www.amazon.com/gp/customer-reviews/R2GVZ2N2TOOVKF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 7, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Makes a difference in my sleep  
Works well

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEOnfGeylc5MLNb5OE%2FYn%2BMOzX6ITnZeAUCYsChWmMk1AAAAAGgtN5gAAAAB&reviewId=R2GVZ2N2TOOVKF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQPUBTGMMY2EAMY2RF24AJLKLBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQPUBTGMMY2EAMY2RF24AJLKLBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Thurstenson](https://www.amazon.com/gp/profile/amzn1.account.AEQPUBTGMMY2EAMY2RF24AJLKLBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great](https://www.amazon.com/gp/customer-reviews/R3RBC6P62MRC56/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 16, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I keep one of these in each car, in my laptop bag, in my wife's purse. It isn't a cure-all for RLS. It's mild relief.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKgVIAggMKn5s%2FppAVSv9%2FYJ19Qlr7nEowBSe4KA4VeDAAAAAGgtN5gAAAAB&reviewId=R3RBC6P62MRC56)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYYCRNKHZ5S2NTIVGWVQVOYOCIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYYCRNKHZ5S2NTIVGWVQVOYOCIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Girl Writes Words](https://www.amazon.com/gp/profile/amzn1.account.AEYYCRNKHZ5S2NTIVGWVQVOYOCIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS patient, and I love them!](https://www.amazon.com/gp/customer-reviews/R1K7YKOKL3VDDB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 7, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have two or three levels of RLS. I don't like taking my prescription meds all the time for the less horrible nights, so these work well. They work within 20 minutes typically, and completely get rid of my symptoms so I can sleep- without kicking at my husband.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hN11NCgrWrb1Cy0OaavlAx20%2FnnwPA9C39c0ba5%2FaH1VAAAAAGgtN5gAAAAB&reviewId=R1K7YKOKL3VDDB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOEG4NV65EQEUININTF7EODKSYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOEG4NV65EQEUININTF7EODKSYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[miketn](https://www.amazon.com/gp/profile/amzn1.account.AEOEG4NV65EQEUININTF7EODKSYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product, I will highly recommend this for anyone ...](https://www.amazon.com/gp/customer-reviews/R2UGMLJNRT84B2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 7, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product works. I bought for my wife who is experiencing severe RLS. Great product, I will highly recommend this for anyone having issues. I used it after a long car ride. If you're on the fence about it, try it, you won't be disappointed.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHW5HJVEGuaBSV4ioxH%2FI1GdiM7Cc6HsWnV34FWyhZouAAAAAGgtN5gAAAAB&reviewId=R2UGMLJNRT84B2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEBQC6R7DQJD6YGZNEJT7HG6AWUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEBQC6R7DQJD6YGZNEJT7HG6AWUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rita Shortt](https://www.amazon.com/gp/profile/amzn1.account.AEBQC6R7DQJD6YGZNEJT7HG6AWUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Have used this product previously and am satisfied with the results](https://www.amazon.com/gp/customer-reviews/RKBFGPUVV818K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 12, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have used this product previously and am satisfied with the results. It works for my RLS, but it's not a preventative, it has to be used after the first symptom and takes about 20 to take effect. It does stop the RLS/

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQQWV4AGF33B2SDSB7IOY5CHERA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQQWV4AGF33B2SDSB7IOY5CHERA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[FrugalDiva3](https://www.amazon.com/gp/profile/amzn1.account.AFQQWV4AGF33B2SDSB7IOY5CHERA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless Leg Syndrome Solution](https://www.amazon.com/gp/customer-reviews/R3FMMGIJHVGM9L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 24, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I find that this homeopathic product for RLS works well. If I experience RLS during the day while awake it is effective in relieving the symptoms. I take it every night before going to sleep. As far as I can tell, I am sleeping better regarding how RLS disturbs my sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOik67yZI1QPSc6QJUYcke54rNYkv%2FiXkxepDDT%2F4%2BSyAAAAAGgtN6QAAAAB&reviewId=R3FMMGIJHVGM9L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEKKYEP7HL57YV3O43D4JTYE4RSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEKKYEP7HL57YV3O43D4JTYE4RSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Karin Moggridge](https://www.amazon.com/gp/profile/amzn1.account.AEKKYEP7HL57YV3O43D4JTYE4RSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* restless leg syndrome](https://www.amazon.com/gp/customer-reviews/RJMVYRQ3LA7EP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 1, 2008

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These little pills are a lifesaver. And I mean that literally!  
I take it to help me get an hours nap during the day, without having to take the longer lasting Requip, which I take at night.  
If you suffer from RLS, (Restless Leg Syndrome) you know what I am talking about.  
This is the best product I have found since "they" banned Quinine.

44 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHIb8KFaJfr%2BcFUlgTIMgwGxJRldiGK%2BsLfkfOBzqz1zAAAAAGgtN6QAAAAB&reviewId=RJMVYRQ3LA7EP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMDPUWMHSJXEO632IPEUPFY73IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMDPUWMHSJXEO632IPEUPFY73IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lee Hauser](https://www.amazon.com/gp/profile/amzn1.account.AFMDPUWMHSJXEO632IPEUPFY73IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works, what more can I say?](https://www.amazon.com/gp/customer-reviews/R2KV30Z9NIMVAB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 20, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I usually poo-poo homeopathic remedies, because they don't work -- until they do. Restful Legs isn't perfect, but it, combined with a daily dose of B12/Folic acid tablets I get at Trader Joe's, has reduced my RLS by at least 80%.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGytgLW8cOPoZwj1kReW%2F3Azu59R5MFeF3gil2JjPHCeAAAAAGgtN6QAAAAB&reviewId=R2KV30Z9NIMVAB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGLABR5BDDGDDDVZKB5AP342CGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGLABR5BDDGDDDVZKB5AP342CGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[J. Burke](https://www.amazon.com/gp/profile/amzn1.account.AGLABR5BDDGDDDVZKB5AP342CGLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helpful for Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R2DD1EAUGQ7M0U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 3, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product has given me a new life. It controls my RLS to the point that I can do many things I couldn't do before due to the activation of RSL while sitting long periods of time, such as a movie, car ride, dinner out etc. I highly recommend it

12 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hES3fii10gaeibkVK9yqGntqt5B7%2Bm4Q%2FKXG8K%2BWcGcAAAAAAGgtN6QAAAAB&reviewId=R2DD1EAUGQ7M0U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGFV5KX6GNNJUIKMXOHNHABN7MHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGFV5KX6GNNJUIKMXOHNHABN7MHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angel123](https://www.amazon.com/gp/profile/amzn1.account.AGFV5KX6GNNJUIKMXOHNHABN7MHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Disappointed](https://www.amazon.com/gp/customer-reviews/R2PLDDC7YJKRWI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 12, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was so optimistic to try this for my RLS but unfortunately it did nothing for me.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMrhsGc5P2CgQP1G9uIdLnJl9sEcQd5Jfw%2FqdjWG4DbVAAAAAGgtN6QAAAAB&reviewId=R2PLDDC7YJKRWI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAZYAAHN76XKRVUED6GIFJP4WCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAZYAAHN76XKRVUED6GIFJP4WCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[J. Richter](https://www.amazon.com/gp/profile/amzn1.account.AGAZYAAHN76XKRVUED6GIFJP4WCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Hit or Miss](https://www.amazon.com/gp/customer-reviews/R2LXF761E1J8OV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 27, 2010

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

One reviewer referred to RLS as a conundrum. What works for some might not for others.  
My wife suffers from RLS and uses this. Some nights it helps...sometimes not. Probably effective 70% of the time.  
Maybe its a placebo effect---or maybe the ingredients work for some people.  
I'd say that the product, which is quite inexpensive, is worth a try.

13 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJuBTIAZgJmLczKS3xZPH8qmLPTCIn6r0ZGfg7ZBi%2B8eAAAAAGgtN6QAAAAB&reviewId=R2LXF761E1J8OV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGKOESKM6DVSWVZZ4ZHPFOKWKN2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGKOESKM6DVSWVZZ4ZHPFOKWKN2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Barbara J. Sorich](https://www.amazon.com/gp/profile/amzn1.account.AGKOESKM6DVSWVZZ4ZHPFOKWKN2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* These are so helpful. I take a prescribed medication ...](https://www.amazon.com/gp/customer-reviews/RRFIGNS6KLN7Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 14, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are so helpful. I take a prescribed medication for RLS but these offer quick relief if I'm at the movies or traveling.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL9SiYoUlaKE9Bt4KNx4gRzNYO4BVZwZ6bDacPc1d6d1AAAAAGgtN6QAAAAB&reviewId=RRFIGNS6KLN7Q)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMLDUMRZRY3H5UQSTVOGIKOR6HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMLDUMRZRY3H5UQSTVOGIKOR6HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jing W.](https://www.amazon.com/gp/profile/amzn1.account.AEMLDUMRZRY3H5UQSTVOGIKOR6HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Nothing](https://www.amazon.com/gp/customer-reviews/R2LA5RXVFG74RC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 4, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This did absolutely nothing for me. Admittedly, I would go so far as to claim I have one of the worst cases of RLS so it was foolish to think a homeopathic approach would do anything. the only thing that works is pain killers (which is not a sustainable lifestyle nor one i am interested in) and Kratom (which is a miracle from the heavens and the only thing I need for RLS).

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPSxqQzJtJ4BzDsPWOmD%2BwUp%2BMe5SlltfT6zloP4VTYEAAAAAGgtN6QAAAAB&reviewId=R2LA5RXVFG74RC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mike + Lynn](https://www.amazon.com/gp/profile/amzn1.account.AGH3H27P76QCI6WCIZTMLKO53TLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Try them](https://www.amazon.com/gp/customer-reviews/RMP9XMFH5X49N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 14, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Been using these for RLS.  
They help to get to sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIvg7bIYHM0TzTImg9JNWjeXu5WutU6fzgMSn%2BnHgedUAAAAAGgtN6QAAAAB&reviewId=RMP9XMFH5X49N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG6IZTRD2MONCJTOPOQMPEYXMNIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG6IZTRD2MONCJTOPOQMPEYXMNIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[bernie](https://www.amazon.com/gp/profile/amzn1.account.AG6IZTRD2MONCJTOPOQMPEYXMNIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I love it!](https://www.amazon.com/gp/customer-reviews/R2WJH120RI83R0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 16, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The only OTC product that RELIABLY works for RLS ! I love it !! AND . . . no side effects !! I have used it for several years now.

One person found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYURIELGJHQ54W6B2AXPYM3W2EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYURIELGJHQ54W6B2AXPYM3W2EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[windriver](https://www.amazon.com/gp/profile/amzn1.account.AGYURIELGJHQ54W6B2AXPYM3W2EQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great. I have Lyme which depletes my magnesium](https://www.amazon.com/gp/customer-reviews/R1W6Z6EU2ERDZX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 15, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great. I have Lyme which depletes my magnesium. On nights when taking magnesium doesn't do the trick, I dissolve two of these under my tongue and my RLS disappears.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAfheaepWdWknpClgtmSVTBhWzu37E0axWEp98n2MUC0AAAAAGgtN6wAAAAB&reviewId=R1W6Z6EU2ERDZX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEXSS5YPSDG7EO2HKY4NOF33JRJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEXSS5YPSDG7EO2HKY4NOF33JRJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Debby B.](https://www.amazon.com/gp/profile/amzn1.account.AEXSS5YPSDG7EO2HKY4NOF33JRJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relief from RLS!!](https://www.amazon.com/gp/customer-reviews/R1EL1KGURACP7O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 5, 2017

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These little pills, help me make it through the day, with a lot less pain. I have RLS and this really helps!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPnfadSsLEiKZlPvL98kA%2F8HW85OHm3xrJzOo0EJfICSAAAAAGgtN6wAAAAB&reviewId=R1EL1KGURACP7O)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFJFECWSNCG4H46EZJTQHCZZP2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFJFECWSNCG4H46EZJTQHCZZP2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[butterfly091](https://www.amazon.com/gp/profile/amzn1.account.AFFJFECWSNCG4H46EZJTQHCZZP2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn’t work for me](https://www.amazon.com/gp/customer-reviews/R30ATHK8750ME0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 28, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These did absolutely nothing for me. I knew my RLS was too severe to use these alone but I had hoped they would help during the day while I was working at a desk. But sadly no. Now I have 3 full bottles of this worthless product. Maybe they’ll help for someone whose RLS isn’t so severe

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJumzKDdGj7TpEt9DP5IqmXBZYa7bxrwfkeEXXwRv5CiAAAAAGgtN6wAAAAB&reviewId=R30ATHK8750ME0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3TW3F35RTGSNGQKHGFT6DXETJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3TW3F35RTGSNGQKHGFT6DXETJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Andrea S. Fritz](https://www.amazon.com/gp/profile/amzn1.account.AE3TW3F35RTGSNGQKHGFT6DXETJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Hyland's Restful Legs](https://www.amazon.com/gp/customer-reviews/RDSJF2QAG7WCK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 4, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product does work and has no side effects as some of the medications prescribed by doctors. Moreover, it is not addictive. I'd recommend it for anyone suffering from RLS.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNuqmLceiwcfn7%2BOxaix5FE%2FdYeRV8tI%2BFD9f%2Fhbc963AAAAAGgtN6wAAAAB&reviewId=RDSJF2QAG7WCK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3VCYL5BEZ2ZXLYCFZUH7YMHMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3VCYL5BEZ2ZXLYCFZUH7YMHMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DDSashaSue](https://www.amazon.com/gp/profile/amzn1.account.AG3VCYL5BEZ2ZXLYCFZUH7YMHMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Not for me...but maybe for you](https://www.amazon.com/gp/customer-reviews/R2Y8E6HXGN7OSF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 5, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not work for me :-( I wish it would have. But since RLS is so strange and different for each person, that does not mean it will not work for you.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHBzBXsYyOPSGefm7O0zH4cK%2F9IztiGNyYyf7t8fhQd9AAAAAGgtN6wAAAAB&reviewId=R2Y8E6HXGN7OSF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[dwight younkin](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Used for many years.](https://www.amazon.com/gp/customer-reviews/R2XPX864IR3YY5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on August 1, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used these for many years help a lot with RLS when regular medicine isn't working good enough.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEa6%2FyX9WDHx%2FRi5bepBIpt7GlCNqwalAMJMI3OhRVP7AAAAAGgtN6wAAAAB&reviewId=R2XPX864IR3YY5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFNSCWLLE3BG4C4URZPOQRF6MBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFNSCWLLE3BG4C4URZPOQRF6MBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[mycatsissy](https://www.amazon.com/gp/profile/amzn1.account.AFNSCWLLE3BG4C4URZPOQRF6MBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for me](https://www.amazon.com/gp/customer-reviews/R1471SYV600JYR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on November 27, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works for my RLS and hard to find at my local pharmacy.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMwSsnCGr2C9NIuvJjHRGUeE7584u7RfpmVd7MG4d%2BbKAAAAAGgtN6wAAAAB&reviewId=R1471SYV600JYR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHK4JOPSUVZNWLG7N2UGAA7UTBCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHK4JOPSUVZNWLG7N2UGAA7UTBCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Reader Lady](https://www.amazon.com/gp/profile/amzn1.account.AHK4JOPSUVZNWLG7N2UGAA7UTBCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good relief](https://www.amazon.com/gp/customer-reviews/R2IF88638T7HKO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 28, 2017

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works very well for RLS. Takes a while to work but really helps

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM1OUKObg9cORGS4dhEcQHa6tEzWOxGvzl7IdWB16zhGAAAAAGgtN6wAAAAB&reviewId=R2IF88638T7HKO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE37CNZXQYRB7NQTSDWLEFIBCLSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE37CNZXQYRB7NQTSDWLEFIBCLSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[customer](https://www.amazon.com/gp/profile/amzn1.account.AE37CNZXQYRB7NQTSDWLEFIBCLSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Have used other homeopathic remedies with good results. But this did not help my RLS](https://www.amazon.com/gp/customer-reviews/R2M2WR7CXGNQRT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on October 1, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not work for me. Have used other homeopathic remedies with good results. But this did not help my RLS. I understand this is the nature of mass produced homeopathic remedies that they may not work for everyone. Might work for you and I would say give it a try.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHsdN0d0lgJtoArNw%2BJZCETxQ%2Bft%2FeBPvzkOgPdvvUAIAAAAAGgtN6wAAAAB&reviewId=R2M2WR7CXGNQRT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHKXOCV3NF7Q4PFOEQBDBQO6GCTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHKXOCV3NF7Q4PFOEQBDBQO6GCTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[J. Camp](https://www.amazon.com/gp/profile/amzn1.account.AHKXOCV3NF7Q4PFOEQBDBQO6GCTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Not a good product fory RLS.](https://www.amazon.com/gp/customer-reviews/RJRDIYPQ5QU4N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 5, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from extreme RLS. This medicine did very little for me.

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWOH3FOUR2C7MLDSOS3SQ5WXW3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWOH3FOUR2C7MLDSOS3SQ5WXW3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[R. Grand](https://www.amazon.com/gp/profile/amzn1.account.AFWOH3FOUR2C7MLDSOS3SQ5WXW3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Only meds that work](https://www.amazon.com/gp/customer-reviews/R1KDS2DACYC44D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on September 2, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are the only over the counter meds that have ever worked for my severe RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI%2FhWKg8xOUrmx2AZWMCGTX9w3qnA6BY7rCYPJXBD3CiAAAAAGgtN7oAAAAB&reviewId=R1KDS2DACYC44D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSFTYU5BEQE7JZLTAEILWYRMF5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSFTYU5BEQE7JZLTAEILWYRMF5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Judi Singleton](https://www.amazon.com/gp/profile/amzn1.account.AFSFTYU5BEQE7JZLTAEILWYRMF5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* I had such high hopes for this product](https://www.amazon.com/gp/customer-reviews/R39D890EADEX1C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 21, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had to go off my prescription drug for RLS so I ordered this product. I was hurting pretty bad by the time I took it. After 2 hours no relief will send it back. Medicines work differently on different people. So perhaps that is why so many wrote such high reviews.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOwWkiSszO955oItaDqBIC%2BJaBIGc2b6e74tox8aCsXFAAAAAGgtN7oAAAAB&reviewId=R39D890EADEX1C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7FREC6W5B35G4UBXUH6LJO3D4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7FREC6W5B35G4UBXUH6LJO3D4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dolly](https://www.amazon.com/gp/profile/amzn1.account.AH7FREC6W5B35G4UBXUH6LJO3D4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Five Stars](https://www.amazon.com/gp/customer-reviews/ROANIWVD4MZ1M/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 29, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps my husband with his RLS issues.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO9CyZ6L1kUTZIYXxrSK6WFWdBKduXwRpOojGMA9%2Fpz0AAAAAGgtN7oAAAAB&reviewId=ROANIWVD4MZ1M)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDFZJNLUQ3N5UUU4C5OEV5JNK3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDFZJNLUQ3N5UUU4C5OEV5JNK3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Virginia V. Simpson](https://www.amazon.com/gp/profile/amzn1.account.AGDFZJNLUQ3N5UUU4C5OEV5JNK3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Good for only the mildest restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R37BROE6YLEN5S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 1, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Get a prescription if you have severe RLS. These will work for mild twitching; but are useless for the intolerable RLS I had. My MD prescribed Mirapex and my RLS is a thing of the past.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMjcqdDt1%2FKOMCLJadMe6WsyswYNz%2BbzdLhL6H4aYkWRAAAAAGgtN7oAAAAB&reviewId=R37BROE6YLEN5S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXZK2P7UV7SEYOO3FR2DIQAPRWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXZK2P7UV7SEYOO3FR2DIQAPRWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kim Jones](https://www.amazon.com/gp/profile/amzn1.account.AHXZK2P7UV7SEYOO3FR2DIQAPRWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Five Stars](https://www.amazon.com/gp/customer-reviews/R38OVJWLE7ZKN2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on June 7, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

absolutely the best for RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP9Q8vWDoBWjifpTWB9evadGoSSqsSuFRpVXwLBdtcEyAAAAAGgtN7oAAAAB&reviewId=R38OVJWLE7ZKN2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYO7RJPFDR2PF2PIS2C6RIQPUOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYO7RJPFDR2PF2PIS2C6RIQPUOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[David Wray](https://www.amazon.com/gp/profile/amzn1.account.AEYO7RJPFDR2PF2PIS2C6RIQPUOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn't work for me.](https://www.amazon.com/gp/customer-reviews/R1JDL3QRDKEQCO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 2, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For RLS, just didnt work.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEKmYpAzM55WN79i0%2F84rPXQseBw438ZtHiYXvrF01iNAAAAAGgtN7oAAAAB&reviewId=R1JDL3QRDKEQCO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5B2EGIV7H6K56QRAN55AL6N5QQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5B2EGIV7H6K56QRAN55AL6N5QQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[RJM](https://www.amazon.com/gp/profile/amzn1.account.AE5B2EGIV7H6K56QRAN55AL6N5QQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* If you truly have RLS see a doc.](https://www.amazon.com/gp/customer-reviews/RX9QHK94VFQQM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 24, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Forget it. If you truly have RLS this has a very small chance of helping. You need to see a doc and get a RX.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hClfnrXoxdQ6zLgXj0cu7DwcYF1TriVMNkOzmFtLZAvFAAAAAGgtN7oAAAAB&reviewId=RX9QHK94VFQQM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWACDLHRWVXUUB2JPTQFK4EQOOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWACDLHRWVXUUB2JPTQFK4EQOOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Steven King](https://www.amazon.com/gp/profile/amzn1.account.AEWACDLHRWVXUUB2JPTQFK4EQOOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Nightmares](https://www.amazon.com/gp/customer-reviews/RAZ7IFSDL7E0R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 22, 2017

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Hate this stuff. Sometimes it will alleviate my RLS, but at the cost of very vivid dreams that border hallucinations. Never have I experienced this until I started taking this stuff.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHZsPa2YyRe4seV3iA7Os670YoN0k2IdE3XMc79CYh0CAAAAAGgtN7oAAAAB&reviewId=RAZ7IFSDL7E0R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7TWJ7EBLINX2WOUO5OCQN2WJCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7TWJ7EBLINX2WOUO5OCQN2WJCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gluten-free Pasta](https://www.amazon.com/gp/profile/amzn1.account.AE7TWJ7EBLINX2WOUO5OCQN2WJCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Sudoku works better](https://www.amazon.com/gp/customer-reviews/R3APEMUNT0CP8O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on December 6, 2013

I'm amazed at how many people this seems to help because this does nothing for me, nor anyone in my family. My sister, mother, brother, and uncle all have RLS. This didn't help any of us. I guess I'm glad someone found relief from this insidious disease and I do hope it continues to work for them. I know I won't try it again. I wasted my dollars.  
  
But, I've yet to find any of these types of treatments that do work. I've purchased just about everything available, including buying an ebook that basically told me to eliminate salt. None of them have ever worked. Finally, after 20 years of torture, I decided to see my doctor - I was only getting a couple of hours of sleep a night. Medication does work. That said, it's not to be taken lightly!  
  
I do highly recommend several books to learn more about the disease- including the just published second edition of Clinical Management of Restless Legs Syndrome by Lee, Buchfuhrer, Allen and Hening, or Restless Legs Syndrome (American Academy of Neurology Press Quality of Life Guide Series) by Buchfuhrer, or Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic by Yoakum. The first one listed is most recently published so has the most up to date info regarding options and what they know about the disease.  
  
If you have RLS occasionally, maybe you'd benefit from regularly moderate activity. One research study showed that it helps.  
  
If you have RLS several nights a week or every night and you are tired everyday, read one of the above books, find out what the RLS Foundation (recently renamed the WIllis Ekbom Foundation) has to offer, and then see your doctor to find a remedy that will work for you all the time.  
  
Of course, if this works for you, I hope is always does - you are very lucky.

65 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLEoYD4qTgtST20irDIvxJ0JoHRD0WU6v1usTtpeGn8zAAAAAGgtN7oAAAAB&reviewId=R3APEMUNT0CP8O)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE6DPPSWLUOJYGB7WV7MIM4EUZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE6DPPSWLUOJYGB7WV7MIM4EUZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JAScribbles](https://www.amazon.com/gp/profile/amzn1.account.AE6DPPSWLUOJYGB7WV7MIM4EUZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* I Have Moderate RLS and Take Perscription Medicine for It](https://www.amazon.com/gp/customer-reviews/R2SDDN4L9OYFDZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 23, 2012

I have moderate RLS and take prescription medicine for it. I wish I'd never started taking Mirapex four years ago. Mirapex and Requip are dopamine agonist medicines. They mimic the effects of dopamine in the brain. Your brain then makes less of it's own - so you need a higher and higher dose. Coming off of Mirapex and other dopamine type drugs has recently been compared to cocaine withdrawal. Depression, panic attacks, anxiety, etc. Yikes!  
  
I feel my Rx dependency and brain is so used to the Rx meds, that this product won't work for me. I've tried to take 4 to 6 pills in the afternoon just so I can take a nap. I still take my restless leg syndrome Rx meds at night to sleep. All I want to do is nap every once in a while. One day the shakes were lessened enough so I could fall asleep. They were still there. The next day I tried it again and I couldn't stand it.  
  
If this product works for you - use it and don't take prescription medicines. Research those meds. Research DAWS (Dopamine Agonist Withdrawal Syndrome). Research all of the side effects.  
  
Try this over the counter product first. Do yourself a favor and don't take the prescriptions.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEF22AU3PRYPMLTAS27LVPRFMDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEF22AU3PRYPMLTAS27LVPRFMDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Pitiful Pups, Inc.](https://www.amazon.com/gp/profile/amzn1.account.AEF22AU3PRYPMLTAS27LVPRFMDOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This stuff is legit!](https://www.amazon.com/gp/customer-reviews/R2S819LA9QB43Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on January 17, 2023

I hardly ever leave reviews, but this one deserves it! I was so skeptical about this product, but my friend used it and kept telling me to try it. So, I ordered some and the 1st night I had RLS, I put 2 under my tongue. The relief was almost instantly. I keep these on hand at all times. The truly work. I will say that the tasted is ok, but not wonderful. So worth it though! I LOVE THIS PRODUCT!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFYqI8BQExnD%2F9RJPTYIqhALCxVMgSI347uI%2F1KU%2FFP9AAAAAGgtN8AAAAAB&reviewId=R2S819LA9QB43Q)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELYBWOKNFAE7RVPUIPQQNVY2KLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELYBWOKNFAE7RVPUIPQQNVY2KLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ruth N](https://www.amazon.com/gp/profile/amzn1.account.AELYBWOKNFAE7RVPUIPQQNVY2KLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best sleep in years !!](https://www.amazon.com/gp/customer-reviews/R9YHRTKFQ04FG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 30, 2016

Years ago I started getting leg cramps while putting my legs up on an ottoman while watching tv. Then I would get cramps during the night or in the morning while stretching in bed. Then about a year ago I started getting twitching in my legs when I got in bed at night and sometimes during the day. I added a multi mineral complex to my regimen and the twitching went away. Then I also added a magnesium spray. I read about RLS but didn't think I had it. I didn't reorder the minerals since they were out of stock, but take other supplements. Then 3 nights ago I got no sleep, my legs were aching, twitching and feeling strange. That day I was riding in a car for 2 hours and struggled with a weird cramp/pain that occurred for the first time. I read about RLS again and realized this must be my problem. All of the reviews of Restful Legs really helped me and I decided it was worth a try. I also bought a multi mineral liquid to start at the same time. I know the results would have been clearer if I only started with one addition but I didn't want another night like that first one. Today is my 3 rd day on the tiny dissolvable pill but what a huge change !! After reading the suggestions and the different ways people take it, I decided to start 2 or 3 during the day at 4 hour intervals and take 2 or 3 more before bed. So far I am thrilled with the result since for the past 2 nights I was able to sleep more soundly without the weird goings on in my legs. I feel an occasional twitch and sometimes in my arm, but I am thrilled that this will be controlled with the Restful Legs product. I'm not sure how much the minerals added to the relief, but I am hoping this trend continues and will take both going forward. I wouldn't have known about many products on Amazon and appreciate reviews so I hope this helps others!!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA%2FuBeBOFB7npBTa4lkNI4tFDE2WAyW80zx0Bi02Am8rAAAAAGgtN8AAAAAB&reviewId=R9YHRTKFQ04FG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDPY5OOTQEQCMXK2FKODIX3NW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDPY5OOTQEQCMXK2FKODIX3NW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Natalie Sanguinetti](https://www.amazon.com/gp/profile/amzn1.account.AGDPY5OOTQEQCMXK2FKODIX3NW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I've never had such terrible pain, cramping](https://www.amazon.com/gp/customer-reviews/R3949O6K2JNZK9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on September 16, 2016

I was at the end of my rope with this most recent bout of RLS. I've never had such terrible pain, cramping, tingling, and spasming--and no relief in sight! My normal regimen of iron and magnesium was getting me nowhere. I even started taking DAO at about a buck a pill, which helped for a while but after a week I was back to writhing in pain on a nightly basis. I began using this in conjunction with my usual iron and magnesium and finally got some relief. And as soon as I started taking two potassium supplements with it at bedtime (btw, any of these things alone doesn't do the trick for me, it has to be all of them), I realized I had discovered my sweet spot. I take 3 Restful Legs tabs before bed and it works like a charm--deeper, more restful sleep than I've had in about a year. I have to take another two pills when I wake up in pain about 4 hours later, but once I do I'm right back to sleeping like a baby. My bed partner and I are extremely satisfied with this product!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLZsTDfIY2%2FI%2FV5rxtPHyrxgCkGImZ55cnpYJOU1%2FIGrAAAAAGgtN8AAAAAB&reviewId=R3949O6K2JNZK9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFB5H3WFWNOR5L5BAXD2YGQVOPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFB5H3WFWNOR5L5BAXD2YGQVOPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[WhitneyG](https://www.amazon.com/gp/profile/amzn1.account.AFFB5H3WFWNOR5L5BAXD2YGQVOPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I could not be without these. When my RLS ...](https://www.amazon.com/gp/customer-reviews/R1J6PDBI49MBTF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 2, 2016

I could not be without these. When my RLS wakes/keeps me up (2-3 nights a week), I pop 3 of these and dissolve them under my tongue. I don't need to rinse with water because they have virtually no taste and I have NEVER taken these at night and them not worked. I always am able to fall asleep without even thinking about if they are working or not. So I guess they are! You can also get these at Walgreen's if you just want to try them before committing to a 50 count. They are about $8 for one bottle. For that price, it is DEFINITELY WORTH A TRY!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDXz6Cl8SXKVRTrKoX0ZUqvHPNnRYkmezYpcXf2yhU7zAAAAAGgtN8AAAAAB&reviewId=R1J6PDBI49MBTF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVDUWQG2HBZAZC3PVJWLEJTPCVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVDUWQG2HBZAZC3PVJWLEJTPCVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Diana](https://www.amazon.com/gp/profile/amzn1.account.AFVDUWQG2HBZAZC3PVJWLEJTPCVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Can't enjoy life without this.](https://www.amazon.com/gp/customer-reviews/R2TMM4SEGJL7BW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on April 11, 2016

Oh my goodness!!! My doctor prescribed Gabapentin for my RLS and it darned near made me a useless dishrag! I slept all day and cried when I was awake. I discontinued that and tried Hyland's Restful Legs. I only take 2 at bedtime and 2 whenever I fly. On the rare occasion that it strikes in the evening as I am watching TV I pop 2 in my mouth and in 5 minutes it stops! Works like magic for me!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKJxqL6YrH09CYipFUucM6HC1AqeVNN%2FXIlTunni0lalAAAAAGgtN8AAAAAB&reviewId=R2TMM4SEGJL7BW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEH72PLI3SP63BORW2WDB3FTJ3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEH72PLI3SP63BORW2WDB3FTJ3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Michael N. Hall](https://www.amazon.com/gp/profile/amzn1.account.AEH72PLI3SP63BORW2WDB3FTJ3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Finally I found some relief!](https://www.amazon.com/gp/customer-reviews/R33J3VTYK0UPVZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on October 1, 2011

I have suffered with RLS for 50 years - long before it was ever named. When I was a kid I was told it was growing pains and that it would go away eventually. Now I'm 58, and this is the ONLY thing I have ever used that worked. And it works almost instantaneously. I don't care how, or if it's just a placebo, but as soon as I feel the RLS coming on, I take 3 sublingually and it's over. Just like that. I use only when I have an "attack", and it stops it, immediately. Who says arsenic is bad for you?

24 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFDuCjr8aMaKij1P1ADQi%2B%2FoN%2Bo5JrPVSTJW%2F6G7koF%2FAAAAAGgtN8AAAAAB&reviewId=R33J3VTYK0UPVZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGXMIZXCK4O72ELXOVIWOWZ7PYBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGXMIZXCK4O72ELXOVIWOWZ7PYBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGXMIZXCK4O72ELXOVIWOWZ7PYBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* great product](https://www.amazon.com/gp/customer-reviews/R1U7SRCK3WNJ8L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on February 2, 2016

I've been buying this since I discovered it at the local corner mart. I have had rls for yrs and this is the only thing (besides iron) that calms them down. It's so nerve racking when on a trip or even at the movies when your legs start in and you can't do anything about it. I do love this product and hope they never go out of buisness. 3 tabs and done.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHGr2zLa%2FhQkZD7zKvOFMw86dfU%2B0N098vf4OJkr6enSAAAAAGgtN8AAAAAB&reviewId=R1U7SRCK3WNJ8L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4T5XZ22WULWUBPBEQU7MTH6ZIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4T5XZ22WULWUBPBEQU7MTH6ZIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[L. Pauling](https://www.amazon.com/gp/profile/amzn1.account.AH4T5XZ22WULWUBPBEQU7MTH6ZIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I LOVE this product!!!](https://www.amazon.com/gp/customer-reviews/R17EYFEG7RDFGR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on May 30, 2014

I don't have RLS, but at night I would be kept awake or woken up by leg spasms (not cramps or pain, just powerful twitches). I tried stretching, walking, you name it, but they just kept getting worse. I would be up in the wee hours of the night in tears because I could not fall asleep due to the uneasy feeling in my legs as I could feel the next 'twitch' building up and then jerking.  
  
This product worked the first time I tried it! Now I am able to sleep through the night, and it's wonderful! Just 2 tablets at night and I am off to sleep! I wish they made it in a larger jar, but I will gladly continue to purchase them each month.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPYSlWiYty1zroNNMuPf%2BZH%2Bqi5qS4Pzs5EztlV%2FTB0OAAAAAGgtN8AAAAAB&reviewId=R17EYFEG7RDFGR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGN4HZI2CODYCTY2XM2YFKP52PEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGN4HZI2CODYCTY2XM2YFKP52PEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[L. Murray](https://www.amazon.com/gp/profile/amzn1.account.AGN4HZI2CODYCTY2XM2YFKP52PEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Finally something that works, outside of a doctor's office!](https://www.amazon.com/gp/customer-reviews/RH5Q8FTOT8N07/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on March 10, 2015

I was skeptical because I have been taking prescription meds every night to treat my RLS, and I assumed nothing as simple as an OTC product would work well. I'm happy to report that this product works very well for me, and so far, I have been able to cut my prescription meds in half. I hope to be able to stop taking a prescription medication completely.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGPbkaykQuu2U%2FdUxTQmsqAAG2cyLia16nLj5YCQxUDnAAAAAGgtN8AAAAAB&reviewId=RH5Q8FTOT8N07)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWJMKO7KPMHTBRZRTBNVNBV7OOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWJMKO7KPMHTBRZRTBNVNBV7OOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[L. Louie](https://www.amazon.com/gp/profile/amzn1.account.AFWJMKO7KPMHTBRZRTBNVNBV7OOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Success!](https://www.amazon.com/gp/customer-reviews/R2EFQBCMLV9X00/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B001EPQAFY)

Reviewed in the United States on July 19, 2014

This stuff actually WORKS. I didn't want to get a prescription for this condition I have had for many years. I have tried other over the counter ideas, but this one works without the side effects and fuzzy-head feelings of other drugs. I will say it does not completely take the RLS away completely, but it makes the condition slow down enough to sleep.

One person found this helpful

##### [*5.0 out of 5 stars* Pregnant Wife Have RLS?](https://www.amazon.com/gp/customer-reviews/R1JY0X5KOFBIOP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on December 12, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Then get this product. We got a good deal on it but this has been the best thing to sooth her legs at night. We have tried other massagers and doing it by hand but this has been awesome at providing relaxing pressure for her legs. Two things, it must be plugged in but it draws a lot of power and they provide a long cord. Also, it’s loud, but it uses air pressure and it does shut off after a while. It’s actually semi soothing and not entirely bothersome. Pros outweigh cons and the final verdict is to get this if your wife is experiencing rls. It will save you some sleep from rubbing her legs until 0200.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHBbxMCcumlbqv2Pie96Gz7mvPxvtUeVqtRiAwCjcfIpAAAAAGgtNkUAAAAB&reviewId=R1JY0X5KOFBIOP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGR3Z6JZ6KP4ZLOBJZJLPJ2RIDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGR3Z6JZ6KP4ZLOBJZJLPJ2RIDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AEGR3Z6JZ6KP4ZLOBJZJLPJ2RIDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Very Relaxing And Helpful For Legs](https://www.amazon.com/gp/customer-reviews/R2G5GZ9KE7001T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 15, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I ordered it for my husband. He absolutely loves it. It has helped him significantly. He says it really helps massage his leg and increases his blood circulation. He says it has really helped with his RLS. My sister also had me order her one because her Dr recommended she needed to get one.. She decided to get this one since it was affordable and works great. The sellers are very helpful and are wonderful about responding to any questions. I highly recommend.

11 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKbgxDOBfv%2F5H%2FksFdxJPl2%2Bp39oVL6wwqEaouv0Cz2%2BAAAAAGgtNkUAAAAB&reviewId=R2G5GZ9KE7001T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3KK4772T2FVZEPXA4OWJXQCOBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3KK4772T2FVZEPXA4OWJXQCOBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AH3KK4772T2FVZEPXA4OWJXQCOBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Really helps with my RLS-restless leg syndrome!](https://www.amazon.com/gp/customer-reviews/R3LVWEC5F4F79J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 26, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought these to see if they would help with my RLS. Directions are easy to understand. Wraps are easy to apply, I had to adjust them a couple times to find the right fit, but once you know what's comfortable for you, it's easy to remember how they should feel when you put them on next time. As soon as I put them on, I loved the massage my calves were getting. I did not have issues with my RLS while wearing these/didn't wake up later with my legs jumping. I am glad I bought them, no regrets. That being said, if I could change anything: #1 would be continuous. These have an automatic shutoff time of 20 minutes. Would be nice to have option to bypass that. #2 more settings. You have 2 choices. I prefer the 2nd mode, but there is one part of this mode that I wait for in eager anticipation, when the pressure rolls from the top of your calf down (only about 2/3 of the way, I wish it went entire length but I guess you can only push so much air down-it needs a place to go). #3 an option for wraps for the entire leg-calves and thighs. I would certainly buy them. As a nurse, if I had a family member that was immobile or spent most of their days in a chair, I would recommend these to help prevent DVTs. Deep vein thrombosis or blood clots in the legs can happen in people that have little physical activity. These clots can break off and go to the lungs, causing PEs or pulmonary embolisms. If you've ever had surgery and woke up with SCDs (sequential compression device) on, it is to prevent these clots. Ok, I'll put my nurses cap aside, didn't mean to write a book. Buy these! You won't regret it!

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI6Sz64x9qNm7rS7FVrkF%2FB95SjgcI4V08gQbfdlj2%2FbAAAAAGgtNkUAAAAB&reviewId=R3LVWEC5F4F79J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWR6WITGUJAEGETOPFJC5OVVFZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWR6WITGUJAEGETOPFJC5OVVFZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Carlo M](https://www.amazon.com/gp/profile/amzn1.account.AEWR6WITGUJAEGETOPFJC5OVVFZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They worked! Period!](https://www.amazon.com/gp/customer-reviews/R29XH96CAMHAVL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 20, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife has been suffering from RLS and has difficulty sleeping at night when it acted up!  
Tried them the first night and they relaxed her legs so she was able to sleep!  
So loves them. Her review, not mind. Power Level 3 and Mode 2 is her go to!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO8gbkKCm0Vu51LK%2B%2B7aZqDMgegTEQYyaqAbV9oQxnkFAAAAAGgtNkUAAAAB&reviewId=R29XH96CAMHAVL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSB2SM7JXGPMJ7KANYZIOQ4KPMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSB2SM7JXGPMJ7KANYZIOQ4KPMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[greendkd](https://www.amazon.com/gp/profile/amzn1.account.AFSB2SM7JXGPMJ7KANYZIOQ4KPMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Absolutely ideal for ankles and calves.](https://www.amazon.com/gp/customer-reviews/R2V91XM9X6F14Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 10, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For people looking for relief from muscle strain, poor circulation, or leg pain, the CINCOM Leg Massager is a useful option. With its two modes and three strength settings, this air compression calf massager lets customers tailor their massage to their own preferences. It's especially helpful for ailments like edema and restless legs syndrome (RLS), offering a calming and efficient way to relieve discomfort. The layout is intuitive, with simple options that make changing preferences easy. The air compression system of the massager is widely recognized for its capacity to improve blood flow and alleviate muscle tension. For individuals who use flexible spending accounts, its eligibility for FSA and HSA purchases provides even more flexibility.

10 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP%2FoYRnyKgb1txZt6R5jiFnXP822kUhL800cMYEUQ0KgAAAAAGgtNkUAAAAB&reviewId=R2V91XM9X6F14Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJSE42FDHWNVYD5XFMYA7PECWAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJSE42FDHWNVYD5XFMYA7PECWAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Emelia H](https://www.amazon.com/gp/profile/amzn1.account.AFJSE42FDHWNVYD5XFMYA7PECWAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps Restless Leg, Don’t wrap tight around legs](https://www.amazon.com/gp/customer-reviews/R743R3SCHJL15/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 7, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have problems with restless leg which is normally controlled with medication. Lately it has worsened due to iron deficient anemia. I purchased these to help increase the circulation before going to bed.  
You might need to adjust how tight to wrap them around your legs. You don’t want to wrap them tight like a blood pressure cuff because as the air pumps in, it will be uncomfortable or painful. When you put them on, they need to be a little loose and you may need to adjust the straps a few times to find the right amount of pressure.  
These fill with air like a balloon, deflate and then re-inflate again. You can adjust the speed and pressure. If you are expecting a massage that isn’t how this product works. This is just air pockets. I recommend trying something in the gentle range and adjust speed and intensity settings until you determine your comfort level. The only downside is that this only runs for 20 min intervals. There isn’t a way to make it run longer. So you can’t run it all night. I don’t wear mine in bed because I’d just have to keep turning them back on. I use them before bedtime so I can do several sessions before going to sleep. They’re kind of bulky to wear in bed and sleep in all night for only 20 minutes of therapy. The remote is easy to figure out. Once I knew how loose to wrap them and the cycles that I liked, it was fairly quick and easy to get it set up. I found that my RLS didn’t bother me when going to sleep. I often wrap a heating pad around each calf when I get in bed to relieve my symptoms but in the summer, wearing a heating pad isn’t very desirable. I would recommend this to anyone looking for gentle leg compression to relieve RLS and pain from fibromyalgia or muscle soreness. I have not tried this on my arms because I have some blood clots in my arm and don’t know if it is safe or if it risks dislodging the clot and causing heart damage. Before using product check with your doctor regarding safety, if you currently have blood clots or history of clots before using this product. It’s always best to check with your doctor before using any medical device to make certain it is safe.

39 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD%2Fe2cgPD9pfMIw6JENe3SlcMMTTZ%2FQn%2BM51DzEhWmQUAAAAAGgtNkUAAAAB&reviewId=R743R3SCHJL15)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQ5QLJCUMMV356P4JWMWCN7V75A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQ5QLJCUMMV356P4JWMWCN7V75A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mom of 3 boys.](https://www.amazon.com/gp/profile/amzn1.account.AGQ5QLJCUMMV356P4JWMWCN7V75A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS](https://www.amazon.com/gp/customer-reviews/R9HQPHO16BAP4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 8, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had tried similar products for my restless leg syndrome without success. I almost returned these without even trying them as I felt like there was no chance they’d really help. But one night at 1:00 am as I’m pacing around the house frustrated with the the massive discomfort and inability to sleep I remembered the unopened box. I was back in bed with them plugged in and on my legs in just a few minutes. I had them cinched fairly tightly. I hit the on button and felt better almost at once. They squeezed the rls right out of my legs. It was so amazing I could even read my book and snuggle with my cat and husband. And then I fell asleep for the first time in eight months without listening to anything to try and distract myself from the agony of my legs. According to the instructions you can use this on your calves or feet. My rls is in my calves so that’s where I put it and it worked great!  
  
I also find it helps to use them when you first get into bed before the trouble starts and that’s often enough. If not then I use them a second time later. I often fall asleep while they’re doing their thing. There’s an occasional night where they don’t help but usually they work well.

25 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEeXcA%2BYM1bLn1lShOT3pQnwRQ%2BSu6QA6RMIgeC%2FIP9fAAAAAGgtNkUAAAAB&reviewId=R9HQPHO16BAP4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF25K5RZVZRU35AXB3ZSMJJUGJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF25K5RZVZRU35AXB3ZSMJJUGJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Samantha Angell](https://www.amazon.com/gp/profile/amzn1.account.AF25K5RZVZRU35AXB3ZSMJJUGJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Might be more effective on someone else](https://www.amazon.com/gp/customer-reviews/R3LRU76KGTRVL2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 28, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this generally when my RLS flares up and my legs just need some pressure. And it does help to some degree. But I can't quite get it tight enough to make it truly effective. I have skinny calves and pulling the velcro to the maximum of what it can cling to still leaves them loose. It does work noticeably better on my thighs, but I don't know that it's technically even supposed to fit there. I do adjust the pressure up as high as it will go, it's just not enough. Also, it is weirdly loud. I always cover the remote with an entire blanket to try to drown it out, but you definitely can't listen to anything while it's going. When I use it because my legs are actually sore from some sort of physical activity, it does seem to work better. It definitely has more of a massaging approach and it helps to loosen up anything that's cramped up in there. I keep using it, so it can't be completely ineffective, it just definitely leaves you wanting a bit more.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hECQeQXt7Adi%2FIg2pYK6f83swY8CExU007maGNyse5ptAAAAAGgtNkUAAAAB&reviewId=R3LRU76KGTRVL2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVYPC2NF5T7WOXZYODZ4XQOLNSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVYPC2NF5T7WOXZYODZ4XQOLNSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SLS](https://www.amazon.com/gp/profile/amzn1.account.AFVYPC2NF5T7WOXZYODZ4XQOLNSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Very Good with a Few Drawbacks](https://www.amazon.com/gp/customer-reviews/RE1AREAJ2AO9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 12, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product has its pros and cons. The compression is very effective for messaging my calves and relieving my RLS and spasms. But it’s very hard to sleep with it on as it’s very big and there are tubes and wires to deal with. I wake up with wires wrapped around me. It’s also hard to get it off. The Velcro area is too big and I’m older with arthritis in my hands so it’s a challenge to get it off. In the middle of the night, if you have to get it off, it requires you to wake completely to execute the whole operation, and then get it on again. Also, it’s made for bigger calves than mine, although I make it fit. But the air pockets fill well and release the air well, the rhythm and positioning of the inflation and deflation are nicely randomized and therefore effective, and it’s very soothing. I like it a lot in spite of the drawbacks.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFwK1mE9RFc2Jlo2v8%2BXb9Tci3ivAt48%2FM8OljrXhaUFAAAAAGgtNkUAAAAB&reviewId=RE1AREAJ2AO9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTKLVVNYI7ELNF3EUGXIED5EUXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTKLVVNYI7ELNF3EUGXIED5EUXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[dr1897](https://www.amazon.com/gp/profile/amzn1.account.AHTKLVVNYI7ELNF3EUGXIED5EUXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Does not work for my RLS](https://www.amazon.com/gp/customer-reviews/R1VU43UD6OI9LT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 21, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased this product hoping it would help with my RLS, but it actually made it worse rather than providing any relief. It make work for others, but in my case it was just agitating.

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2S4U7USZ3EATZZIHJ4FJAEY2YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2S4U7USZ3EATZZIHJ4FJAEY2YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Elizabeth Troxler](https://www.amazon.com/gp/profile/amzn1.account.AF2S4U7USZ3EATZZIHJ4FJAEY2YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* bulky awkward](https://www.amazon.com/gp/customer-reviews/RUF0K7ETQTSQP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on February 12, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These work well. Help my RLS pain, but they make your legs sweat, the hoses attached from the wraps to the controller are cold and too short, The velcro holds great but also hard as heck to take off, They are hard to store after use bc hoses are awkward. The metal bar down the entire length of each wrap, caused bruising and pain so I have to adjust them often and make sure the metal is not near my shin or knee. They are a pain when you have to get up and do something. The remote, ugh it is heavy, big, hard to handle if you are not a man with big hands, The remote gets really hot. I wish auto shut off was 5 minutes longer. If you use them after you get in bed, they are not meant to situate with covers and sheets, it is loud, and trying to get out of bed or change position is a real pain. The hoses get wrapped around your legs when you try to move around. The electric cord needs to be a lot longer. They just are not comfortable. Need tweaking.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAsgr%2ByLSgOBkjsdcwJ9uJYXczLfC0sdSceFkkkpr23%2BAAAAAGgtN9UAAAAB&reviewId=RUF0K7ETQTSQP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHKOHQQWDKM7MMMC3SFVNHANX5KA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHKOHQQWDKM7MMMC3SFVNHANX5KA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Adriennie Clayton](https://www.amazon.com/gp/profile/amzn1.account.AHKOHQQWDKM7MMMC3SFVNHANX5KA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Durable and Great Buy](https://www.amazon.com/gp/customer-reviews/R1CWNF0TGKZJ3N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 26, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Since I've had surgery I'm not able to workout and my RLS has gotten worst. I used something like this in the hospital to help stop blood clots. This product stops the urge to move my leg. So yes 1000 times great product and yes worth the money. You only need to use one but both has to be plugged into the controller. Love this product.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJN7%2B9w84F89kyglH%2F0VR3e%2BrFHdJ5bq4yBrGp1NxFYQAAAAAGgtN9UAAAAB&reviewId=R1CWNF0TGKZJ3N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH45D6E3QG56U764YBG2N7YBCVOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH45D6E3QG56U764YBG2N7YBCVOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lynell Anfinson](https://www.amazon.com/gp/profile/amzn1.account.AH45D6E3QG56U764YBG2N7YBCVOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It brings relief to my legs during a restless leg spasm.](https://www.amazon.com/gp/customer-reviews/R1VNLH6635RXXD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 17, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I keep it plugged in and rolled up near my easy chair so it's accessible when a spasm hits. It really does help in between the times when medication hasn't kicked in or when having an extreme painful episode.  
Thank you for this product. 5 stars would have meant that the use would eliminate the pain afterward, but it only helps me while you are using it. (which is enough to get me through until the meds kick in.) I think if I had a milder case of RLS this would eliminate all the symptoms. It's certainly the best therapy help that I have found.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD7P4owEnAAsejmOJJuJgxNhK1wudXXfcAD7ONOAu%2FS8AAAAAGgtN9UAAAAB&reviewId=R1VNLH6635RXXD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5KCH4JJKS2M5BTWLPNPLJYLFZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5KCH4JJKS2M5BTWLPNPLJYLFZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Margaret Meloni](https://www.amazon.com/gp/profile/amzn1.account.AG5KCH4JJKS2M5BTWLPNPLJYLFZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Prevents me from needing RLS Medication](https://www.amazon.com/gp/customer-reviews/R1PBRQTTEJSYGY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on March 1, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This CINCOM leg massager has been so amazing. My RLS had gotten so extreme. I was at my wit's end. Then I learned about the leg massager. At this point, I was awake almost all night every night with my jumpy legs.  
It seemed worth a try. I was shocked. After 20 minutes with the leg cuffs and forced air massage, my legs were calm for hours. No medication for me for now, and that is a huge relief.

12 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD1tQob0TAFw%2F%2B2kDtHQP%2BjhC1L6g3Em5KEJxvkVQGppAAAAAGgtN9UAAAAB&reviewId=R1PBRQTTEJSYGY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEFKGJQREUFGAUOEMN6PYQ675ALQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEFKGJQREUFGAUOEMN6PYQ675ALQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEFKGJQREUFGAUOEMN6PYQ675ALQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Feels really good on legs](https://www.amazon.com/gp/customer-reviews/RIQ7TZ5WZ95OX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 7, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Every night I can't sleep due to RLS. I've tried putting my legs up the wall, warm baths, stretching, eating bananas and nothing works. It gets so old. I've even wrapped my legs really tight with bandages. The doctors wanted to put me on a medicine but I really don't want that. I got this to help with that and so far it's really nice. I could keep these on all day ha. Hopefully it'll help at night and I can finally sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM1RCLARMtwQJXwcdB0977HxTPfd3%2FH3hn7ED8pp2o3QAAAAAGgtN9UAAAAB&reviewId=RIQ7TZ5WZ95OX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3GT6VUE7TR5WKWIZ6NNRNX4WOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3GT6VUE7TR5WKWIZ6NNRNX4WOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[J. Mireles](https://www.amazon.com/gp/profile/amzn1.account.AE3GT6VUE7TR5WKWIZ6NNRNX4WOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps my RLS](https://www.amazon.com/gp/customer-reviews/R2MNXVR8KL4P1A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 8, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This works great on my legs when I am enduring RLS. I like that it has three levels of massage, some days it takes a stronger level. It relieves the awful feeling in my legs very quickly.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAa%2ByhILBWKbicXmEJdjx%2B1%2F2hRglbooPmW8Pn9f5nCWAAAAAGgtN9UAAAAB&reviewId=R2MNXVR8KL4P1A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQQWVIB5J2K3RF2RGO57E3QZ4HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQQWVIB5J2K3RF2RGO57E3QZ4HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGQQWVIB5J2K3RF2RGO57E3QZ4HQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A MUST](https://www.amazon.com/gp/customer-reviews/R34C2OORCCOYJ4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 15, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have extreme RLS and I put these on my feet and OMG I can just fall asleep. Only bad is that I wish it had a timer so I could put 60 mins at a time. Love, love , love

[](javascript:void(0))

12 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCWDJq5u2Gc3d9Gei8eG4sIeZRg4PK34s7s5IaLQczegAAAAAGgtN9UAAAAB&reviewId=R34C2OORCCOYJ4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE52W52V2H37BGXLLSFHEY3EBPRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE52W52V2H37BGXLLSFHEY3EBPRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[vs](https://www.amazon.com/gp/profile/amzn1.account.AE52W52V2H37BGXLLSFHEY3EBPRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Not worth the price.](https://www.amazon.com/gp/customer-reviews/R30PUC7EGRPSDQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 7, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought this for after my surgery to help with circulation and i felt it died the job for that, however, I suffer from RLS and this did not work well enough for that. It takes a while for this thing to actually work and I had to use a heating pad over it to make my leg pain go away quicker. This is definitely not worth the $60 price point.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBMv3UoAV%2FjnizkRA4UjBCfVyxCRnu%2FfEBRRpVHJZev9AAAAAGgtN9UAAAAB&reviewId=R30PUC7EGRPSDQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE36BSHGQM7DP5MJ3XLXXIREIUZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE36BSHGQM7DP5MJ3XLXXIREIUZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Terri](https://www.amazon.com/gp/profile/amzn1.account.AE36BSHGQM7DP5MJ3XLXXIREIUZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Does help RLS](https://www.amazon.com/gp/customer-reviews/RPE9ZAHDJ0FDE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on April 9, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I mainly purchased this for my RLS. It helps most nights but I have to leave it on my legs for 3 cycles. It’s a little loud but I really like it. I helps rejuvenate my legs after standing or hiking for long periods.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDwGECV7IRxVo1WjokC5o9bWatKOJwyO6Rmp2cut7pA3AAAAAGgtN9UAAAAB&reviewId=RPE9ZAHDJ0FDE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEA567XSCZRAMRXA3DWROCCTZOPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEA567XSCZRAMRXA3DWROCCTZOPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[A. Tibbets](https://www.amazon.com/gp/profile/amzn1.account.AEA567XSCZRAMRXA3DWROCCTZOPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great little leg massagers!](https://www.amazon.com/gp/customer-reviews/RNEBJSQQUXMCM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 14, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I really like these, they are great for leg aches and help with circulation and pain/irritation from RLS/neuropathy/long shifts on my feet. My son also used them on his arms for circulation problems he's been having involving numbness/tingling in his hands/fingers. I contacted the company regarding obtaining a new charge cable after our cat chewed up the cord and they offered to send one from an open box or have me order a compatible replacement and refund me the cost. Very impressive customer service!

One person found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAEWPGIR73OM6UZWPBJAE3PC74Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAEWPGIR73OM6UZWPBJAE3PC74Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[micki 1114](https://www.amazon.com/gp/profile/amzn1.account.AGAEWPGIR73OM6UZWPBJAE3PC74Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless Legs Syndrome](https://www.amazon.com/gp/customer-reviews/R3MZVQHEGBN1J2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 7, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have tried different options for RLS as I don't want to take medication. I have suffered with RLS for over 38 years. This is the first item I have used that worked thru the night. One twenty minute session and I sleep all night.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAZwWwfl8d1m8HdBB3bI97brvI66qS1F7LZ24kifcJ6yAAAAAGgtN98AAAAB&reviewId=R3MZVQHEGBN1J2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH5BEZJ67QFR3JFJ7F7XLDIYCWZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH5BEZJ67QFR3JFJ7F7XLDIYCWZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lynne Y.](https://www.amazon.com/gp/profile/amzn1.account.AH5BEZJ67QFR3JFJ7F7XLDIYCWZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It’s great for RLS!](https://www.amazon.com/gp/customer-reviews/R2M56A3B5E7QJ1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 3, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from restless legs syndrome. Almost every night I would be forced to get up in the middle of the night to use creams, or take aspirin to calm them down. This is a lifesaver. Since purchasing this leg massager I use it every night before I go to bed. Pretty much, 6 out of 7 nights No RLS issues. Plus, it is a great way to relax with tea before bed!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNvL5owZ9lnv4ZTWZDvyCSJ%2BPZpobOdNrWx%2FY0qi4ZtUAAAAAGgtN98AAAAB&reviewId=R2M56A3B5E7QJ1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWDNOAKZ6PF2AYXIC43WQQON36A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWDNOAKZ6PF2AYXIC43WQQON36A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ALC](https://www.amazon.com/gp/profile/amzn1.account.AGWDNOAKZ6PF2AYXIC43WQQON36A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Works OK, I guess](https://www.amazon.com/gp/customer-reviews/R3MJBRPZ82J9BG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 13, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought these to help with restless legs. I guess they work, but I can't really tell if it's making a difference. I have had one episode since I started using these so that's better than having 3-4 episodes a week. However, I can't really tell much/any difference between mode 1 and mode 2. I had thought there would be quite a bit of difference but they feel pretty much the same to me. I've only been using them for about a week, so time will tell if they really do reduce the RLS episodes, but it's better than me trying to massage my legs by hand.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFAn4BwMpGBHNCTsqGBk4k1E15xbedsSqkXJ72IZoHVvAAAAAGgtN98AAAAB&reviewId=R3MJBRPZ82J9BG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWT5AYARMNNDQDG7DZXYHGFDDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWT5AYARMNNDQDG7DZXYHGFDDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jamison Leech](https://www.amazon.com/gp/profile/amzn1.account.AHWT5AYARMNNDQDG7DZXYHGFDDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A must for RLS](https://www.amazon.com/gp/customer-reviews/RTJ43QFL13590/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 3, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve dealt with RLS for years now and noticed relief when I had compression therapy for a knee injury earlier this year. This smaller, more targeted version works really well considering. I find that level 2 is significantly more effective than level 1 in minimizing or relieving the pain and discomfort nightly. It’s easy to use and stows in the included bag.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJFr0Sp6XF2JJqB8lq%2BzYJnjJONlhP%2FPoRtPRzaqGMpgAAAAAGgtN98AAAAB&reviewId=RTJ43QFL13590)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERJJ634XFHMSDJIN36IAEGSMAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERJJ634XFHMSDJIN36IAEGSMAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Evie](https://www.amazon.com/gp/profile/amzn1.account.AERJJ634XFHMSDJIN36IAEGSMAVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* If you have RLS... Give this a try!](https://www.amazon.com/gp/customer-reviews/R2M3G5IYSQSRM8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 24, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been dealing with restless legs since I was pregnant with my daughter... 7 years ago. I've tried a bunch of things (magnesium supplements, potassium, compression stockings), but this has made a world of difference. If I use it right before bed, I find that I'm not waking up in the middle of the night with legs that just won't calm down. it doesn't have heat, but I don't really need that. Highly recommend!

6 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH04mMDZIxwAbFV2Hie91pIVGdFXlrqg8sNBwDjzxBZrAAAAAGgtN98AAAAB&reviewId=R2M3G5IYSQSRM8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYL53E4KCRXFOZQAIKFOJ3ORWGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYL53E4KCRXFOZQAIKFOJ3ORWGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AHYL53E4KCRXFOZQAIKFOJ3ORWGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* FINALLY!! RELIEF FROM RLS AND NIGHT LEG PAIN!!](https://www.amazon.com/gp/customer-reviews/R22EO3FH2QFIQE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 12, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS and Twitching and terrible leg cramping for years!! Tried every type of Rub, Exercise, Creams, Lotions and had about given up! This product is like a MIRACLE! I am diabetic and 79 years of age....The very first night prior to bed I used this, the symptoms were GONE! And every night since!! I cannot express to anyone (except perhaps those who suffer from these problems) how fantastic it is! I am real, a lady in Texas and this is the absolute truth!!

23 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAgat1raxO3BTvMZDBMofS2U%2BOJJg78iBzXpTMm%2BvYIDAAAAAGgtN98AAAAB&reviewId=R22EO3FH2QFIQE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHBVTFF7R6ND3PDCZPVS3ZQX7GMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHBVTFF7R6ND3PDCZPVS3ZQX7GMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S. Fuller](https://www.amazon.com/gp/profile/amzn1.account.AHBVTFF7R6ND3PDCZPVS3ZQX7GMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pregnancy and restless leg lifesaver!](https://www.amazon.com/gp/customer-reviews/R2N3X8XDL8YYSM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 28, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless legs and they just got worse during pregnancy, to the point where I could not sleep. I was about to lose my mind. I bought these as a last resort and I am glad I did. The compression has helped so much, on a bad night my RLS is back to being mild and tolerable! It has also helped with the leg swelling. Easy to use, and settings are easily adjusted for comfort.

23 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPQUElEAU6R42caGcbSq8op3T5uiA24RGfFbkmw4fNa7AAAAAGgtN98AAAAB&reviewId=R2N3X8XDL8YYSM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAYNNNEUBOAS4CS33LFEDOYKCMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAYNNNEUBOAS4CS33LFEDOYKCMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jon](https://www.amazon.com/gp/profile/amzn1.account.AEAYNNNEUBOAS4CS33LFEDOYKCMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't help my RLS](https://www.amazon.com/gp/customer-reviews/R2P5LDRO9711RN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 2, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have Restless Legs Syndrome. So I was encouraged by many product reviews that claim it helps with RLS. Bought it. Tried it. The product is well made and massages well. But it didn't help calm my restless legs at all. Tried both modes and all three intensities. No relief. Sending it back.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBe%2BhA%2FCAUec0y%2BvesSmgnyl7gqh2BVOm0bdi%2B7%2F174OAAAAAGgtN98AAAAB&reviewId=R2P5LDRO9711RN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE36FJDJAVRLTGM5CCTEGXOPN5AQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE36FJDJAVRLTGM5CCTEGXOPN5AQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Carlos Mejia](https://www.amazon.com/gp/profile/amzn1.account.AE36FJDJAVRLTGM5CCTEGXOPN5AQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Perfect for my RLS](https://www.amazon.com/gp/customer-reviews/R2NQGSA3L0RH93/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on April 30, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome/RLS and it’s a sever case. That means it never stops for my left leg and my right acts up too. Medicine never worked. I work at a desk. This, on the max level, has allowed me to sit still for a long time. I’ve never been able to do that. I only wish this was a boot. So it could do the whole leg.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKXbEtox%2B8yp2ce7YzzOANaW%2Bi7X%2BCtc%2BmRdmt2AUEyZAAAAAGgtN98AAAAB&reviewId=R2NQGSA3L0RH93)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFNQLJUPZZ46WNYYPVAETPNSFXJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFNQLJUPZZ46WNYYPVAETPNSFXJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[James Sanders](https://www.amazon.com/gp/profile/amzn1.account.AFNQLJUPZZ46WNYYPVAETPNSFXJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Bought this for my mom with RLS](https://www.amazon.com/gp/customer-reviews/R2NLMH69766697/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 1, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My mom has restless leg syndrome and frequently has issues sleeping due to her condition. I bought these on a whim, hoping they might buy her at least a slight bit of relief. In fact, the first night she used them she told me she was able to sleep at least 2-3 hours longer than usual ("usual" is usually around 3 hours).  
  
After roughly a month, I haven't heard a complaint.

11 people found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJDR5KR6FWAUAI6JPYSOG2LWTIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJDR5KR6FWAUAI6JPYSOG2LWTIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sandpsych](https://www.amazon.com/gp/profile/amzn1.account.AEJDR5KR6FWAUAI6JPYSOG2LWTIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* RLS remedy](https://www.amazon.com/gp/customer-reviews/R3DOHPSFQTE5WC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 12, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the only thing that brings me relief at night from my restless leg syndrome.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPOvH1%2FT2rEOuzjv7wIMGR%2F5OVipP3s1Y3sxEx6y1caSAAAAAGgtN%2BgAAAAB&reviewId=R3DOHPSFQTE5WC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWFA7IRK4CNHYJDXOEWN7F73KJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWFA7IRK4CNHYJDXOEWN7F73KJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Elizabeth O'Shei](https://www.amazon.com/gp/profile/amzn1.account.AEWFA7IRK4CNHYJDXOEWN7F73KJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Nice but didnt help RLS](https://www.amazon.com/gp/customer-reviews/R1H0TYMQQRSLMD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 28, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I found that it did do the pumping, but its too slow.. I wish it would have different speeds. I tried using it in bed and on the couch and although it did put pressure, when the RLS was happening, it was uncomfortable. It will probably be good for overuse of muscles, but I didnt find it helping for RLS. Thanks anyway.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG0szN0a%2FeWwEFrddka2gycA%2FMVy0qEHfe1%2BewOSHv6HAAAAAGgtN%2BgAAAAB&reviewId=R1H0TYMQQRSLMD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOAB7ST5BDQ42UXXJHI5GVO57AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOAB7ST5BDQ42UXXJHI5GVO57AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Guy Bolling](https://www.amazon.com/gp/profile/amzn1.account.AFOAB7ST5BDQ42UXXJHI5GVO57AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great Comfort for RLS](https://www.amazon.com/gp/customer-reviews/RQ9L3Y4O46I7G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on March 29, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like it very much as easy to use and very relaxing. It helps with the late evening restless leg symptoms.  
It has the right of amount of pressure. Being very simple and the cost is reasonable.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMMJVK1NexXDmWH1znkiKqZiNI4Rd7txphYW1UTmnXsEAAAAAGgtN%2BgAAAAB&reviewId=RQ9L3Y4O46I7G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2P4IJZ4223YRSHYE4V6N73MLNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2P4IJZ4223YRSHYE4V6N73MLNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jennifer O](https://www.amazon.com/gp/profile/amzn1.account.AE2P4IJZ4223YRSHYE4V6N73MLNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Hoped it would calm my RLS](https://www.amazon.com/gp/customer-reviews/R2NKJJ6GRJUQXR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 26, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Super soft liner. Not for plus size legs. Watch the measurements! Unfortunately, made my restless leg worse. But definitely works like it’s intended. Improves circulation.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEEydNIkDLkLPFLf9dWB9BLVdNNYRT8G%2FJxIw6i37KhSAAAAAGgtN%2BgAAAAB&reviewId=R2NKJJ6GRJUQXR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTR45TMUAJ4WPG66OYQ2ONGYPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTR45TMUAJ4WPG66OYQ2ONGYPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paul H](https://www.amazon.com/gp/profile/amzn1.account.AHTR45TMUAJ4WPG66OYQ2ONGYPYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work for me.](https://www.amazon.com/gp/customer-reviews/R2UMF3IIXTHSP3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 23, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Seems to be a well made and thought out product but it just didn't work for me. I have RLS and it actually seemed to make it worse - not sure why - it looks like a good idea. I guess it's like anything medical - your mileage may vary....

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP1zBEGp52DgUDN%2BJC70zTFOn4yozMduzu3CF2F31i%2BOAAAAAGgtN%2BgAAAAB&reviewId=R2UMF3IIXTHSP3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFNO4SAU5UOPVOHDQ4BJERH4KXMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFNO4SAU5UOPVOHDQ4BJERH4KXMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[kathy b.](https://www.amazon.com/gp/profile/amzn1.account.AFNO4SAU5UOPVOHDQ4BJERH4KXMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* feels amazing, i have rls and i love this product, easy to use](https://www.amazon.com/gp/customer-reviews/RX6SSR4QJR47L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 1, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

i have rls and it absolutely feels wonderful. great product!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHB0Fu00gSdnRNZtn6LeCwHZzj%2FD3bm%2FhZliTSw10ISxAAAAAGgtN%2BgAAAAB&reviewId=RX6SSR4QJR47L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGPALENP7ZUZP6K7B7AHB5SPSKLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGPALENP7ZUZP6K7B7AHB5SPSKLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[lindadancer](https://www.amazon.com/gp/profile/amzn1.account.AGPALENP7ZUZP6K7B7AHB5SPSKLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/R27GM8XCYBPNYT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 17, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For the price these are great. I have only used for 3 days but rls has been reduced and no new muscle spasms. I am hopeful when I am in bed watching tv that my circulation isn't suffering too. Wish I had discovered these after hip surgeries!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLdBpAEwc50dk7Zl0kLfqrwPW5SE07WPBffisMY7Vh9BAAAAAGgtN%2BgAAAAB&reviewId=R27GM8XCYBPNYT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWQ2OFP6ZYNJYVN2VYJYEQXDVPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWQ2OFP6ZYNJYVN2VYJYEQXDVPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JD](https://www.amazon.com/gp/profile/amzn1.account.AEWQ2OFP6ZYNJYVN2VYJYEQXDVPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Might work for some, but definitely a hard 'NO' for me. :0(](https://www.amazon.com/gp/customer-reviews/RX760HWBTGMGK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 12, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from severe RLS and had hoped that this might provide an additional way to treat. However, I personally found that this actually made my symptoms worse. Thank goodness that I purchased through PRIME so was able to get my money back. These might be great if you don't actually have medical issues.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJEexCd7swXR6JX5sE8ZRjLqm79cpAkgCFLwazW57bbxAAAAAGgtN%2BgAAAAB&reviewId=RX760HWBTGMGK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEETDSVHSWYIC6L3OWASAN2ITMGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEETDSVHSWYIC6L3OWASAN2ITMGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Trying\_Healthy](https://www.amazon.com/gp/profile/amzn1.account.AEETDSVHSWYIC6L3OWASAN2ITMGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This helps with RLS](https://www.amazon.com/gp/customer-reviews/R2M011F588BOZD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 11, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve only had this unit for a couple of days, but I can tell a difference in my RLS. Fairly easy to put on and take off. I would start off on the low setting and build from there (as mentioned in the owners manual). Good quality and would highly recommend for anyone suffering with Restless Leg Syndrome.

42 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJVoHuV7PLjp0TlE5SePcmnJ6SraddJKolFXR5z2e6rPAAAAAGgtN%2BgAAAAB&reviewId=R2M011F588BOZD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMCPUKDVPP4I2CVM45TWW7EJSGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMCPUKDVPP4I2CVM45TWW7EJSGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[A. Li](https://www.amazon.com/gp/profile/amzn1.account.AEMCPUKDVPP4I2CVM45TWW7EJSGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* It just plain didn't work](https://www.amazon.com/gp/customer-reviews/R2VRP39RX15VSG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 18, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from pretty bad RLS, and I was hoping this massager would help alleviate that (since its title and description specifically calls that out). Unfortunately, it doesn't help in the slightest, and in fact, seems to make it worse. I tried it for a week straight with different pressure settings (high and low), and it didn't make a difference on my legs at all. I still have RLS and was it was actually acting up as I sat using the machine. I can't say whether it helps in other areas, but at least for me, it made no difference whatsoever.

##### [*1.0 out of 5 stars* Such relief](https://www.amazon.com/gp/customer-reviews/R2CS6RVUKJV6N7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 29, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I just received this. I have nightly RLS. I do two cycles and am able to sleep well. No RSL! People have mentioned the sound. Well its not loud to me at all. Just a calming hum and my legs feel so good. Only issue i have is my legs are a bit like chicken legs. LOL. I use my exercise bands loosely to get a better fit. Otherwise this product is a miracle for me. The price and quality of product is reason i did not return. I made it work for my skinny calf. Would recommend this product to anyone with restless leg syndrome.  
Update. After 2 months it just stopped working. I so miss it.v

23 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMeUf%2B9PFZCuuGkLRq9OqfmWSng4Ib4%2BtIQSQBOCVcp1AAAAAGgtN%2FMAAAAB&reviewId=R2CS6RVUKJV6N7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2HPMSVWYM6MOUUATBCOC6CJ7NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2HPMSVWYM6MOUUATBCOC6CJ7NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LF](https://www.amazon.com/gp/profile/amzn1.account.AE2HPMSVWYM6MOUUATBCOC6CJ7NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helps RLS](https://www.amazon.com/gp/customer-reviews/R3I9TVID3AKGF0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 15, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS, needed something to work my muscles while I lie in bed. These do the trick.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI2NauPIaN1UV2axLYbW%2FiTvBTUI5trQko2WJiI2Z%2FSjAAAAAGgtN%2FMAAAAB&reviewId=R3I9TVID3AKGF0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG33Q2WO62WLOBHT3B4MNN25JTOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG33Q2WO62WLOBHT3B4MNN25JTOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AG33Q2WO62WLOBHT3B4MNN25JTOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing for RLS!](https://www.amazon.com/gp/customer-reviews/R1G7ZSZA0CKSKE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 11, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have some serious RLS and was very dubious of the reviews praising this thing. Desperate for relief, I tried it. Amazing relief. Buy it for RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKOI2qNwg5qrVDiP9VMQ5kyZGqYpGQcpmiMaT3zQXd5PAAAAAGgtN%2FMAAAAB&reviewId=R1G7ZSZA0CKSKE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFRHM6EYJZ6V2G5YXSZL33UDQJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFRHM6EYJZ6V2G5YXSZL33UDQJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[G Davis](https://www.amazon.com/gp/profile/amzn1.account.AFRHM6EYJZ6V2G5YXSZL33UDQJKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* CINCOM Leg Massager](https://www.amazon.com/gp/customer-reviews/R1SV4KR3203RPO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 17, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased this for my husband for his RLS. He says it works. His legs seem much better. Highly recommend.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDwnB8r0YOylHijDuq03AR8tsQndRo3lVqyIOJXeMMAoAAAAAGgtN%2FMAAAAB&reviewId=R1SV4KR3203RPO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQCIGFMFWPTGY3FFKGQ7NCOHGTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQCIGFMFWPTGY3FFKGQ7NCOHGTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tina Kerley](https://www.amazon.com/gp/profile/amzn1.account.AFQCIGFMFWPTGY3FFKGQ7NCOHGTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R1LHSJ64BB5NWG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 7, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS. This product has helped me so much!! It makes it easier for me to relax. I keep it on the lowest setting and it works great. I would definitely recommend it for anyone with tired legs.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPbrtJxnnAHqeaQtUckfkIAd%2Fd42FVgK1tOUV11%2FSgG3AAAAAGgtN%2FMAAAAB&reviewId=R1LHSJ64BB5NWG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFHB7Q5HYFX2TIANZ2WVWM4675AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFHB7Q5HYFX2TIANZ2WVWM4675AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vickie Peunic](https://www.amazon.com/gp/profile/amzn1.account.AFHB7Q5HYFX2TIANZ2WVWM4675AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really Helps after a Long Day!](https://www.amazon.com/gp/customer-reviews/RLCKM42J1HO3W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on November 13, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and my legs are very painful at bedtime. These help me a lot!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBXRxD6YKs3XU1xxjwx8ypCrHfuaU52qm2AEvPxSEYKlAAAAAGgtN%2FMAAAAB&reviewId=RLCKM42J1HO3W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFLFGEMDICB6MO75CZZVN3YGRWIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFLFGEMDICB6MO75CZZVN3YGRWIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AFLFGEMDICB6MO75CZZVN3YGRWIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They work](https://www.amazon.com/gp/customer-reviews/RISAU6180EZ1K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on April 1, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS and these help me sleep through the night, after about 20 minutes of massage my legs don't feel jumpy, and I can relax

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBkowRx8aNVEfLrfVqMhKyyoxCfYLNoR%2Fos771JUxAIlAAAAAGgtN%2FMAAAAB&reviewId=RISAU6180EZ1K)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHNAKRLNG6TE3GW5G4QCB22N2JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHNAKRLNG6TE3GW5G4QCB22N2JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Susan Alexander](https://www.amazon.com/gp/profile/amzn1.account.AHHNAKRLNG6TE3GW5G4QCB22N2JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product](https://www.amazon.com/gp/customer-reviews/R2H0H1T1RTBAR1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 11, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has really helped me with my RLS. Easy to use with a convenient time shut off.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJOK3k0PqCDDX7y6NASSlQ5DWRnRr24b1z5H8Ei3o3NuAAAAAGgtN%2FMAAAAB&reviewId=R2H0H1T1RTBAR1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWTV4G3CM42R423OZA7ELOEVATA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWTV4G3CM42R423OZA7ELOEVATA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Monica Perez](https://www.amazon.com/gp/profile/amzn1.account.AGWTV4G3CM42R423OZA7ELOEVATA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Should have bought these a long time ago!](https://www.amazon.com/gp/customer-reviews/R19XJFFGLFDEE4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 23, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and it helps so much! The different pressure settings is great!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDSog%2Faqkro38rwRKKqUgQpqyi369X9xjjxzFvfY%2FidUAAAAAGgtN%2FMAAAAB&reviewId=R19XJFFGLFDEE4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AESZ6J45MHS2DCSGD4HCUVBWLXFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AESZ6J45MHS2DCSGD4HCUVBWLXFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kasey](https://www.amazon.com/gp/profile/amzn1.account.AESZ6J45MHS2DCSGD4HCUVBWLXFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Hands down best](https://www.amazon.com/gp/customer-reviews/R2L158D8E0D5AT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on October 27, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the best! I got it for my grandma who has RLS and it helps her so much! It’s like getting an actual massage. Highly recommended

One person found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AHP5KUCXCJT7ZGN2CYIZLIGIO5PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHP5KUCXCJT7ZGN2CYIZLIGIO5PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lyn Cammi](https://www.amazon.com/gp/profile/amzn1.account.AHP5KUCXCJT7ZGN2CYIZLIGIO5PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wonderful product easy to use](https://www.amazon.com/gp/customer-reviews/R1F4UIUJE52M4C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 12, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Really great pressure and easy to use.Helps my RLS before bed.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLR3mf4ohLGipjQLq3MqboiZgNAy3MHggO7pPSUT%2FczfAAAAAGgtN%2FwAAAAB&reviewId=R1F4UIUJE52M4C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSBLMTASC7XACSPAOZZQEZURMEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSBLMTASC7XACSPAOZZQEZURMEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[M. Hensley](https://www.amazon.com/gp/profile/amzn1.account.AFSBLMTASC7XACSPAOZZQEZURMEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Leg Message Cuffs](https://www.amazon.com/gp/customer-reviews/RDBLXHI31X4GW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on December 7, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Oh My Goodness. I am sooo happy with these for my RLS. Amazing!!!

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCspPPFLRmmPKu6RUeRmI0SkhOqCcTTNpK6%2BMVKXSwarAAAAAGgtN%2FwAAAAB&reviewId=RDBLXHI31X4GW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFS65QXBFQNZLE2ZDQC6U6DSTJPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFS65QXBFQNZLE2ZDQC6U6DSTJPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Thames](https://www.amazon.com/gp/profile/amzn1.account.AFS65QXBFQNZLE2ZDQC6U6DSTJPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Home SCD's](https://www.amazon.com/gp/customer-reviews/R1GNOPHLK2QZV4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on February 25, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Useful for people with RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAmShr7ABVi6r1ABko5IW%2FzNMygE%2BfkJFv5HYbvrO4kvAAAAAGgtN%2FwAAAAB&reviewId=R1GNOPHLK2QZV4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5YFCV6OGVRIOT2NAKGKWCIVVTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5YFCV6OGVRIOT2NAKGKWCIVVTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Taylor White](https://www.amazon.com/gp/profile/amzn1.account.AG5YFCV6OGVRIOT2NAKGKWCIVVTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R23P68AFLURDR6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 26, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Relieves my RLS symptoms. Legs feel great afterwards.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFOK0AqmQOY27BSxvKi5UC8mBDyP7wkou%2BYDRwEFjswzAAAAAGgtN%2FwAAAAB&reviewId=R23P68AFLURDR6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYDHJU3MW2EOY7YHI22ECNXKXGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYDHJU3MW2EOY7YHI22ECNXKXGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jan](https://www.amazon.com/gp/profile/amzn1.account.AHYDHJU3MW2EOY7YHI22ECNXKXGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with rls](https://www.amazon.com/gp/customer-reviews/RYL9WPCA6GFVK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on February 15, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

it helps with my rls

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMEqhHJa9i4opXuVz8T0UJevjCv3kRk5oJztyzELiqfgAAAAAGgtN%2FwAAAAB&reviewId=RYL9WPCA6GFVK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHSL23SN4W2IIRBABQFISAWUAANA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHSL23SN4W2IIRBABQFISAWUAANA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JP](https://www.amazon.com/gp/profile/amzn1.account.AHSL23SN4W2IIRBABQFISAWUAANA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS](https://www.amazon.com/gp/customer-reviews/R2Z1RYZTXV2KYO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on December 10, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great, helps a lot with my restless legs, highly recommended

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP8mgbX7Ozx2IfjnDIBa5d7rtkRju9mo1hgjmMdr2Cq3AAAAAGgtN%2FwAAAAB&reviewId=R2Z1RYZTXV2KYO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7COUCSED3R524EW4BSJKLQW6CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7COUCSED3R524EW4BSJKLQW6CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Judy sheldon](https://www.amazon.com/gp/profile/amzn1.account.AH7COUCSED3R524EW4BSJKLQW6CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Don't buy.](https://www.amazon.com/gp/customer-reviews/R3CRND9D1P1YGR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 13, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This device did not function as claimed. Wouldn't stay in place and was a complete waste of money. Did not help rls as claimed. Id like my money back.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMMH5fbti8LHbcE6pv6CiPMSG8dzPpwNZIQWgUzHPbb%2BAAAAAGgtN%2FwAAAAB&reviewId=R3CRND9D1P1YGR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5SQZY6M5FQ2TIJOHIJGBJ4TE6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5SQZY6M5FQ2TIJOHIJGBJ4TE6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ChrissieOh](https://www.amazon.com/gp/profile/amzn1.account.AE5SQZY6M5FQ2TIJOHIJGBJ4TE6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* 2 months](https://www.amazon.com/gp/customer-reviews/R37W3ZFXU4FIUF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 18, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Worked great for 2 months. Then it just stopped inflating. I wouldn't buy again. $55 down the drain and dealing with severe neuropathy, fibromylagia and RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDHoHjWM8z8zXSdVTnFyzIcsq2EO5oH0D33GwXcGAh7RAAAAAGgtN%2FwAAAAB&reviewId=R37W3ZFXU4FIUF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJGXSJLFWZAVDQKXM353W4TMWOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJGXSJLFWZAVDQKXM353W4TMWOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Toytoy](https://www.amazon.com/gp/profile/amzn1.account.AHJGXSJLFWZAVDQKXM353W4TMWOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Yes!](https://www.amazon.com/gp/customer-reviews/R3IC8JCJ6G9SXU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 26, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Thank you! This is wonderful for my RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMQeHKSS8TTmQikMtUpv4NNabNCzwFH0cc2JCJYSXbAEAAAAAGgtN%2FwAAAAB&reviewId=R3IC8JCJ6G9SXU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVX35QEVTWGMPSJILSXGBD7NCDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVX35QEVTWGMPSJILSXGBD7NCDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Joanne Houliston](https://www.amazon.com/gp/profile/amzn1.account.AFVX35QEVTWGMPSJILSXGBD7NCDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good for aching legs also](https://www.amazon.com/gp/customer-reviews/R1P4BM8AH8ZAI8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on June 9, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Better than expected! Great relief for rls

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7I5AAMBVNPHCEXLPA4RO4SIAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7I5AAMBVNPHCEXLPA4RO4SIAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Olivia Duty](https://www.amazon.com/gp/profile/amzn1.account.AH7I5AAMBVNPHCEXLPA4RO4SIAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love it](https://www.amazon.com/gp/customer-reviews/R2YX785IQ9NOTP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 7, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Love this!! I have RLS and this eases my pain.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCyZFlxHC%2FjWOuGgaRol8ewG6LIQIcFAvyOanRYCKj9SAAAAAGgtOAYAAAAB&reviewId=R2YX785IQ9NOTP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3JOZZXG2TSXQGREK2NC5FKTTNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3JOZZXG2TSXQGREK2NC5FKTTNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Great Halter!](https://www.amazon.com/gp/profile/amzn1.account.AG3JOZZXG2TSXQGREK2NC5FKTTNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Not for RLS](https://www.amazon.com/gp/customer-reviews/R1NZSF268GFHIZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on December 16, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It just squeezed of and on , no other modes

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNLoZRjwwvyD5FMmKbGf01wNB3Vc0xHBQBSxBj%2BXaZi4AAAAAGgtOAYAAAAB&reviewId=R1NZSF268GFHIZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEP7NFFV2EZTWQRS5J27XHSX6U2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEP7NFFV2EZTWQRS5J27XHSX6U2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Placeholder](https://www.amazon.com/gp/profile/amzn1.account.AEP7NFFV2EZTWQRS5J27XHSX6U2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic!](https://www.amazon.com/gp/customer-reviews/R3P4WE3AQDUL2R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on December 29, 2024

My daughter purchased these for me in 2019 after I had open heart surgery. I used them when I had back surgery when I couldn't really get up. They are absolutely the best! Well made and revitalize your calves. I would buy more when these go out. I also have RLS and wished I had years before. They are lined and you won't have plastic stuck to your skin.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCaIvmzgjcWVi87z6%2B4%2BEUvLyzWJiKY3SUhy5eOivOt6AAAAAGgtOAYAAAAB&reviewId=R3P4WE3AQDUL2R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFUNHYNX5J753LZDTFCWIEEUYWQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUNHYNX5J753LZDTFCWIEEUYWQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heather Bourne](https://www.amazon.com/gp/profile/amzn1.account.AFUNHYNX5J753LZDTFCWIEEUYWQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helpful, but could use work](https://www.amazon.com/gp/customer-reviews/R3D8CB1M0VTBV1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 15, 2021

Just got mine today to hopefully provide relief for my RLS and so far, it certainly feels good. I gave 4 stars right off the bat because I don’t like that you have to have both cuffs plugged in for it to work (RLS is really in my left left), it has to be plugged into the wall to work (I wish it was cordless), I wish there was a heat setting, multiple timer options, and multiple massage settings. Will update when I have used more to treat my RLS, but seems like it’ll be a good product overall...just feedback to consider for future models.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEdauKhngR6hYuL5NHBke5OOr8yKPsixl0I7VpRzYQPUAAAAAGgtOAYAAAAB&reviewId=R3D8CB1M0VTBV1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AETLJDICJ43LTIER5V4YLXEUMVMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AETLJDICJ43LTIER5V4YLXEUMVMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vani](https://www.amazon.com/gp/profile/amzn1.account.AETLJDICJ43LTIER5V4YLXEUMVMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic RLS Releif!](https://www.amazon.com/gp/customer-reviews/R2V656LMKZ5T52/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on November 4, 2018

I just received my package and tested them out. They are amazing! I have really bad RLS and have for years...been on every medication you can for it with no releif or sickness from them.  
If you're suffering from RLS, I urge you to get these!

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIq1LkmPMKrtHAhySxGIhL3Qb5JLJQH7LR633wHSqAbJAAAAAGgtOAYAAAAB&reviewId=R2V656LMKZ5T52)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOOYYM7DO2PVHJLRCD2Q3P6APSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOOYYM7DO2PVHJLRCD2Q3P6APSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nina mcaffry](https://www.amazon.com/gp/profile/amzn1.account.AEOOYYM7DO2PVHJLRCD2Q3P6APSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* BUY THIS !! Especially if you have RLS](https://www.amazon.com/gp/customer-reviews/R127227JARG8N3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 12, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Omg !! Just buy this !!! Listen I have rls and I struggled with it every night the second I got this product I immediately try it on and tried it out and omg is all I can say !! I’ve been sitting in the same spot for 20 mins lol .... I like how it will go up and down my calves it feels amazing !

[Customer image](javascript:void(0))

33 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAA0DY9NfFN5rw%2F%2FRTvaSjGWh6L1LZqCaEPpnLg0Z5OMAAAAAGgtOAYAAAAB&reviewId=R127227JARG8N3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHPPTBLORW4JG4UVCHD7TJ2RL3ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHPPTBLORW4JG4UVCHD7TJ2RL3ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jeffrey Getzin](https://www.amazon.com/gp/profile/amzn1.account.AHPPTBLORW4JG4UVCHD7TJ2RL3ZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Makes a big difference for my RLS](https://www.amazon.com/gp/customer-reviews/R95WM5AV3NDFF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 5, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife likes to joke that I “Riverdance” when I sleep. My legs are so restless I used to always feel unrested in the morning.  
  
Surprisingly, this device has really helped. It’s able to massage that elusive muscle group that my RLS is trying to relieve. As a result, I sleep much better.  
  
Two nuisances mar an otherwise perfect device.  
  
The first was that the one I got broke very quickly. The tubing is designed with connectors that can pull out, presumably for servicing. However, when mine pulled out, I couldn’t reach the spot to re-insert it, so I had to return the item and get a replacement.  
  
To prevent this from happening again, I used an old cloth belt, which I knotted to form a loop a little wider than my hips. When I sleep, I put my legs into the loop to prevent me from jerking the tubing out. It’s worked perfectly so far.  
  
The other nuisance is that it turns off after 20 minutes so as to avoid running all night and, I guess, causing injury. That makes sense but a little frustrating to have to keep turning this back on while I’m falling asleep.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJhp%2B3bhbAsK8IxWKo7cHe%2Fw%2FwD97TEHb0ygeTnJOVJsAAAAAGgtOAYAAAAB&reviewId=R95WM5AV3NDFF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELGVLZNPLQXZRZ66MUST4F4ZMFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELGVLZNPLQXZRZ66MUST4F4ZMFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Hilmar Koerner](https://www.amazon.com/gp/profile/amzn1.account.AELGVLZNPLQXZRZ66MUST4F4ZMFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* disappointing for RLS in my case](https://www.amazon.com/gp/customer-reviews/R1P3SJPEOU4XBF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 19, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

after reading some reviews that helped others with RLS I thought I'd give this a try.  
In the end it feels nice, is comfortable. However, the pressure is not evenly rolling over my calves and it's either too strong or too weak. But the biggest problem is that even with RLS kicking in, these don't do anything for me. It's still better to get up and walk.  
While these may work for others, they did not work for my RLS. Time to go back to the drawing board.  
Anybody else who has RLS, I hope for us all that there will be a benign cure for this - it's frustrating.  
cheers

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE6VZufC6FiSypoAoVK79urTfDFO49hDDYgfp5Iri4G4AAAAAGgtOAYAAAAB&reviewId=R1P3SJPEOU4XBF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGM4NN2ST7DS2UAV6UK3BS6TOBDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGM4NN2ST7DS2UAV6UK3BS6TOBDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Joe Kelderman](https://www.amazon.com/gp/profile/amzn1.account.AGM4NN2ST7DS2UAV6UK3BS6TOBDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* WoW](https://www.amazon.com/gp/customer-reviews/RP2UG2WAIVNCZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on September 17, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

i am so tired of my RLS , restless leg , and the knotts in my calves , i put these on and play computer game about an hour before bed , and now i have had an entire week without leg cramps as i fall asleep

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCF5AWkdClZMLgwL0bPFZNiCyr3NJyqlekd0E0sKy6M0AAAAAGgtOAYAAAAB&reviewId=RP2UG2WAIVNCZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDFCIY5QOOMYIG43X3RBXAELJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDFCIY5QOOMYIG43X3RBXAELJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paula Marion](https://www.amazon.com/gp/profile/amzn1.account.AHDFCIY5QOOMYIG43X3RBXAELJCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS.](https://www.amazon.com/gp/customer-reviews/R3R93QT1ERNIE8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 11, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Love the massage. This device is a life saver at night when my legs are restless.

##### [*5.0 out of 5 stars* Works great for RLS](https://www.amazon.com/gp/customer-reviews/R31VIU5KYRXBU6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on January 26, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps my restless legs a lot. It has 2 modes (upper and lower parts of calf or whole calf). I just use 1 and it is enough. I usually do it on max pressure level and run it 3-4 times (20 minutes each). So far no issues. No overheating and no smell. The pump is a bit noisy. Unless you're a heavy sleeper don't hope to fall asleep with this device on your legs/arms. It doesn't bother me though.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJumM8CN5cNx77n93twCc591zsTISP8Q%2F4S7LOD%2B%2FxImAAAAAGgtOO4AAAAB&reviewId=R31VIU5KYRXBU6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGPMHYJHAGDVGNPHVUAER7DRVOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGPMHYJHAGDVGNPHVUAER7DRVOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachael](https://www.amazon.com/gp/profile/amzn1.account.AEGPMHYJHAGDVGNPHVUAER7DRVOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R32JAA5RASZMMM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on May 18, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great on RLS

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNZ9ImoPEN88IBOdOX4o3E9x4DWtWmhcIibWsRF8BPQCAAAAAGgtOO4AAAAB&reviewId=R32JAA5RASZMMM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AETUOYY6OF2UH65H2QX2NLNULUCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AETUOYY6OF2UH65H2QX2NLNULUCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Missy Dunlap](https://www.amazon.com/gp/profile/amzn1.account.AETUOYY6OF2UH65H2QX2NLNULUCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Excellent](https://www.amazon.com/gp/customer-reviews/R2XNV61VQNLA24/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on August 21, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this for my love that has very bad RLS and he absolutely loves it!!! Makes his legs feel so much better and relaxed ! Excellent product for price !

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hInRkk37osSojWFz9BmkMxnBTxcuDl56BiQd5vHQww8DAAAAAGgtOO4AAAAB&reviewId=R2XNV61VQNLA24)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFW3K4T4C5VIMGRYN5UQSXEV2WXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFW3K4T4C5VIMGRYN5UQSXEV2WXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[AHumphrey73](https://www.amazon.com/gp/profile/amzn1.account.AFW3K4T4C5VIMGRYN5UQSXEV2WXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RESTLESS LEG SYNDROME](https://www.amazon.com/gp/customer-reviews/R2PFG8BONK0FK6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07CWK93RY)

Reviewed in the United States on July 20, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

As someone who suffers severe RLS, I like it, I have tried everything to ease my rls, I believe if you know what I am talking about, give it a try, I use it every other day and it has improved my rls. I wont say it cured me, not, but whoever has RLS, knows that anything that improves our sleep is welcome.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE%2FjvIR%2BOXpjbCt3vprwH73ICQgelHtl7CRAuJpnmK3tAAAAAGgtOO4AAAAB&reviewId=R2PFG8BONK0FK6)

### From other countries

* 

Jennifer Pandeles

##### *5.0 out of 5 stars* Relieved RLS symptoms

Reviewed in the United Kingdom on August 23, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this after seeing it relieved RLS symptoms, I have been using it for around a week now and has helped massively. I do not always wake up in the night with the urge to move my legs.

7 people found this helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD8oVnhrxTlCKy7b71ZjSFQARtoiPunBZ3lnXqDkuJSJAAAAAGgtOO4AAAAB&reviewId=R3ORQ8AJMKER3D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEHTBZ7APMEJSHLHKUPFJKVMOKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEHTBZ7APMEJSHLHKUPFJKVMOKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amy J. Naill](https://www.amazon.com/gp/profile/amzn1.account.AHEHTBZ7APMEJSHLHKUPFJKVMOKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A Game-Changer for Leg Relief!](https://www.amazon.com/gp/customer-reviews/R9NG8JGKYJKLR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on May 12, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The combination of heat and compression is fantastic. The heat feature warms up quickly and feels soothing, while the compression helps to improve circulation and reduce any swelling I have in my legs. I love that I can customize the intensity of the compression, allowing me to find the perfect setting for my comfort.  
  
Using this massager has significantly alleviated my symptoms of Restless Leg Syndrome (RLS) and has helped with overall relaxation after a long day. It’s like having a spa treatment right in my own home! The design is user-friendly, and I appreciate the easy-to-use controls that let me adjust the settings effortlessly.  
  
I also want to mention that this massager is FSA and HSA eligible, which is a huge plus for those looking to use their health savings accounts for wellness products.  
  
Overall, I highly recommend the CINCOM Leg Massager to anyone dealing with leg pain, edema, or just looking for a way to pamper themselves. It’s a fantastic investment in your health and well-being, and I can’t imagine my routine without it now!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAGcWzYXi4RdwNP3tldHVBaDmiam7d%2F9Qg0FuFPKtvXaAAAAAGgtNagAAAAB&reviewId=R9NG8JGKYJKLR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG2WOVYCIPAP5ORVGXQHBNBWLY2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG2WOVYCIPAP5ORVGXQHBNBWLY2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Edward Cox](https://www.amazon.com/gp/profile/amzn1.account.AG2WOVYCIPAP5ORVGXQHBNBWLY2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing Relief for Achy Legs!](https://www.amazon.com/gp/customer-reviews/RKEMHC0DTFVXN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on April 26, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Firstly, the combination of compression and heat is simply fantastic. After a long day on my feet, I love being able to unwind and let the massager do its magic. The heat really soothes my tired muscles, while the compression helps improve circulation and alleviates any swelling. As someone who occasionally struggles with RLS, I've noticed a significant reduction in discomfort since I started using this massager regularly.  
  
The design is user-friendly, and the various settings allow you to customize your experience to your liking. Whether you want a gentle massage or something more intense, this device has it all! Plus, it's very easy to use—just slip it on, adjust the straps, and you’re good to go.  
  
Not only has this leg massager provided relief, but it has also become a great addition to my self-care routine. It's so relaxing that I often find myself using it while watching TV or reading a book.  
  
I also appreciate that it’s FSA and HSA eligible, making it a worthwhile investment for anyone looking to improve their leg health.  
  
Overall, I highly recommend the CINCOM Leg Massager to anyone experiencing leg pain, swelling, or fatigue. It's a fantastic product that genuinely delivers on its promises. Don’t hesitate—give your legs the pampering they deserve!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIH4jxzSu3Dt3jkCqm%2FbvrvSbEWNgs%2BbKIWqNgnn7k8GAAAAAGgtNagAAAAB&reviewId=RKEMHC0DTFVXN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5HALH3IDRE5QHPWKSCZQWCNPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5HALH3IDRE5QHPWKSCZQWCNPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[frazak](https://www.amazon.com/gp/profile/amzn1.account.AF5HALH3IDRE5QHPWKSCZQWCNPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Leg Massager](https://www.amazon.com/gp/customer-reviews/R1APWHQBYHDIYC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on May 1, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This leg massager is legit one of the best things I’ve added to my self-care routine. The heat and compression work together perfectly to ease soreness and improve circulation—especially after long workdays or intense workouts. It’s been super helpful for managing occasional RLS and swelling, and the fact that it’s FSA/HSA eligible is a bonus. Feels like a spa-level massage right at home.

[Customer imageCustomer image](javascript:void(0))

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFCQ71rbFZL%2FUGeWP94R1j6b5LGdiGrMJFWmL4j4vzNcAAAAAGgtNagAAAAB&reviewId=R1APWHQBYHDIYC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4UA7HFU3LI4KPFFGJH5XTKMBLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4UA7HFU3LI4KPFFGJH5XTKMBLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ellie Mac](https://www.amazon.com/gp/profile/amzn1.account.AE4UA7HFU3LI4KPFFGJH5XTKMBLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works on my RLS](https://www.amazon.com/gp/customer-reviews/R1MUICUE4G9QJK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on January 7, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It’s easy to put together and use. It has definitely helped my RLS. I would probably like it better if I could use the heat without the massage functions sometimes, but all in all, I’m happy I purchased it. I use it every evening. Yes, a bit noisy, but that’s okay.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBF9swZXu5fZtufLtftAgZL0AdydM3T7sLsQuXbRWZJfAAAAAGgtNagAAAAB&reviewId=R1MUICUE4G9QJK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3VKRFX2PMXMDL6SZNY3W5E6OPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3VKRFX2PMXMDL6SZNY3W5E6OPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Placeholder](https://www.amazon.com/gp/profile/amzn1.account.AH3VKRFX2PMXMDL6SZNY3W5E6OPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Absolutely Amazing! A Must-Have for Pain Relief!](https://www.amazon.com/gp/customer-reviews/R1HLF4T5H4PU8D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on December 8, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am so impressed with the CINCOM Leg Massager! As someone who struggles with poor circulation and occasional leg pain, this device has been a game-changer. The heat and compression settings work wonderfully together to provide soothing relief. It feels like a professional massage, but in the comfort of my own home.  
  
I particularly love the adjustable intensity levels, which allow me to customize the massage according to my needs. The heat feature is incredibly comforting, and it helps with my leg cramps and fatigue after a long day of standing.  
  
It's also been a huge help with managing my edema. I notice less swelling and discomfort after using it regularly. The design is comfortable, easy to use, and the quality is excellent. It’s gentle yet effective, which is exactly what I need.  
  
The fact that it’s eligible for FSA/HSA is a huge bonus. Overall, this leg massager has improved my circulation, reduced pain, and provided much-needed relief for my RLS. I highly recommend it to anyone dealing with similar issues!

21 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEylJvWGyVV4Do%2BlGCA03KJHC2wnO1Jsj9tdtYRy3wc6AAAAAGgtNagAAAAB&reviewId=R1HLF4T5H4PU8D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGPR3N4LPDK7PKB53GK6C6MB6EUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGPR3N4LPDK7PKB53GK6C6MB6EUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kathrine Fiedler](https://www.amazon.com/gp/profile/amzn1.account.AGPR3N4LPDK7PKB53GK6C6MB6EUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Perfect Item!!](https://www.amazon.com/gp/customer-reviews/R3LXY2TTR4XBYY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on December 6, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I absolutely love the CINCOM Leg Massager! The heat and compression settings are perfect for soothing my tired legs and relieving pain. I’ve been using it regularly for circulation issues, and it’s made a noticeable difference. The calf and leg air compression feel very relaxing, and it’s great for helping with edema and RLS. It’s easy to use and comfortable, plus I can even use it for a bit of extra warmth. Highly recommend this massager for anyone looking to improve leg health and get pain relief

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFAOSR41EDwYG0hjR4iA9jqLQn9fgO8IkDRhJsKPM9l6AAAAAGgtNagAAAAB&reviewId=R3LXY2TTR4XBYY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZVYPNHSCLHRFSIC2RCKORC6AFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZVYPNHSCLHRFSIC2RCKORC6AFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jenn](https://www.amazon.com/gp/profile/amzn1.account.AHZVYPNHSCLHRFSIC2RCKORC6AFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* @Cincom your website contact us doesn’t work](https://www.amazon.com/gp/customer-reviews/R3JHLUSM8Y2SWA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on August 6, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased the CINCOM Leg Massager with Heat and Compression, Leg Massager for Circulation and Pain Relief FSA HSA, Heating Calf Leg Air Compression Massager Help with Relief Edema RLS on Amazon on December 19, 2023 so it’s been about 7 months of use but it is no longer working the remote seems to give out and it does not inflate the boots properly. Can you replace these please? The Cincom contact us isn’t working nor can I click into the warrant page. Thank you.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDooQEzjbiYTDveFbyM%2BboJSqU%2F%2Bqs%2BJhyMDIl505bpHAAAAAGgtNagAAAAB&reviewId=R3JHLUSM8Y2SWA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFDDILJXVSYOAUSOBFTSP4G6FQFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFDDILJXVSYOAUSOBFTSP4G6FQFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[A. Earle](https://www.amazon.com/gp/profile/amzn1.account.AFDDILJXVSYOAUSOBFTSP4G6FQFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for my wife with RLS](https://www.amazon.com/gp/customer-reviews/R16AJ5Y72GGJ7G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on June 7, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife has dealt with restless legs for years and using this nightly has made a huge difference.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEtpnKCINgOqb0giSdHSfB1klJOlCgzDFKA4K6aTvEnCAAAAAGgtNagAAAAB&reviewId=R16AJ5Y72GGJ7G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AENCSNVUOFFCZPTLVDPOEACS3PPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AENCSNVUOFFCZPTLVDPOEACS3PPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Michelle Garrison](https://www.amazon.com/gp/profile/amzn1.account.AENCSNVUOFFCZPTLVDPOEACS3PPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS!](https://www.amazon.com/gp/customer-reviews/R2N2BRCQTSOFBL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on April 16, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The is perfect for my restless legs. The heat is very soothing.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHPtsx5p4et7aHeM9thb0yVGyVtw5X77QMq1ke%2FIVU71AAAAAGgtNagAAAAB&reviewId=R2N2BRCQTSOFBL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFXFUFVFBDGHQ3UA6OHWU5AVFXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFXFUFVFBDGHQ3UA6OHWU5AVFXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rich and & Joyce](https://www.amazon.com/gp/profile/amzn1.account.AFXFUFVFBDGHQ3UA6OHWU5AVFXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* May be of help to some...](https://www.amazon.com/gp/customer-reviews/R1Y2M2MLGKG0ZB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on March 15, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought to help my wife deal with her RLS...  
It may be of some help to others, but was no help to her (returned)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHCUYLSWSKGDFV3KZB4REEXZKMPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHCUYLSWSKGDFV3KZB4REEXZKMPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anna Morgan](https://www.amazon.com/gp/profile/amzn1.account.AHCUYLSWSKGDFV3KZB4REEXZKMPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best product, i like it👍🏻💚](https://www.amazon.com/gp/customer-reviews/R2FAVNO2CJSPFK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on December 3, 2024

The CINCOM Leg Massager is well-constructed and has a user-friendly design. It features adjustable straps that ensure a secure fit around the calves and thighs, and the material feels soft yet durable. The design is relatively lightweight, so it’s comfortable to wear for extended periods without feeling cumbersome.  
  
Ease of Use:  
The massager is very easy to use, thanks to its intuitive control panel. The buttons are clearly marked, allowing you to adjust the heat settings, compression intensity, and mode with ease. There are multiple modes and intensity levels to choose from, so you can tailor the massage experience to your specific needs, whether you’re looking for a gentle relaxation or a more intense treatment.  
  
Massage Features:  
The combination of heat and compression is fantastic for relieving leg pain and discomfort. The air compression works to gently squeeze and release around your calves and thighs, helping to improve circulation, reduce swelling, and alleviate muscle tension. The heat function adds a soothing element that makes the massage even more relaxing and therapeutic. The device also has multiple intensity levels, so you can control the pressure to find the most comfortable setting.  
  
Performance:  
I have noticed a significant improvement in my circulation and a reduction in swelling since I started using the CINCOM Leg Massager. It’s particularly helpful for relieving the discomfort I often experience due to edema and RLS. After using the massager for 20-30 minutes each day, my legs feel lighter, more energized, and less fatigued. The heat setting also helps relax tight muscles, making it ideal for unwinding after a long day of standing or walking.  
  
Quiet Operation:  
The CINCOM Leg Massager operates quietly, which is a major plus for me. It’s not distracting or loud, so I can easily use it while watching TV, reading, or relaxing. This makes it perfect for daily use without disturbing the environment around me.  
  
Portability:  
The massager is portable, lightweight, and easy to store. It doesn’t take up much space, so I can keep it under my desk or in a closet when not in use. It’s powered by an AC adapter, which is convenient for home use, but having a rechargeable battery option would make it even more versatile for travel.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLMss7uGQJ7hpF99ABpQDYXwnOh5H0BYUJ2pjKZq3D8pAAAAAGgtOQMAAAAB&reviewId=R2FAVNO2CJSPFK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFN2G2WVJZ5DR6WFWET7TQO2J2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFN2G2WVJZ5DR6WFWET7TQO2J2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AFFN2G2WVJZ5DR6WFWET7TQO2J2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not good for RLS](https://www.amazon.com/gp/customer-reviews/R11Y4B7V2J93QR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on August 3, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Disappointing.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIneslvURopbZKfRMy0YI0lAp8L8x7E6HmzxB%2FVTmIO6AAAAAGgtOQMAAAAB&reviewId=R11Y4B7V2J93QR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZWDFJU3LC25GNAVOCKKCSL3ZPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZWDFJU3LC25GNAVOCKKCSL3ZPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[kasey candela](https://www.amazon.com/gp/profile/amzn1.account.AHZWDFJU3LC25GNAVOCKKCSL3ZPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Perfect product](https://www.amazon.com/gp/customer-reviews/RGYKCHMLMEW8S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on December 9, 2024

I absolutely love the CINCOM Leg Massager! The heat and compression settings are perfect for soothing my tired legs and relieving pain. I’ve been using it regularly for circulation issues, and it’s made a noticeable difference. The calf and leg air compression feel very relaxing, and it’s great for helping with edema and RLS. It’s easy to use and comfortable, plus I can even use it for a bit of extra warmth. Highly recommend this massager for anyone looking to improve leg health and get pain relief

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDfQILmrXnZekon5aXtXzKZCqiiYWwAO2os7xCIG5nWVAAAAAGgtOQMAAAAB&reviewId=RGYKCHMLMEW8S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anna M. Morgan](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best product, i like it👍💚](https://www.amazon.com/gp/customer-reviews/RSVMBZ0TGBC9O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on November 29, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Design & Comfort: The design of the CINCOM leg massager is simple yet functional. The massager comes with adjustable boots that fit snugly around the feet, calves, and thighs. The material is soft and comfortable, and the interior padding feels gentle against the skin, making it ideal for long sessions. The boots are adjustable with Velcro straps, so you can customize the fit to your body. It’s lightweight and easy to wear, and despite its compact size, the massager provides comprehensive coverage for the legs.  
  
Performance: What sets this massager apart is the combination of air compression and soothing heat. The compression feature inflates in cycles, gently squeezing and releasing to improve blood circulation, reduce swelling, and alleviate tension. You can adjust the compression intensity to your liking, from light to firm, depending on how much pressure you prefer. The heat function, which can be set up to a comfortable 113°F, adds an extra layer of relaxation, helping to ease muscle soreness and promote relaxation. The massager works well to relieve pain from conditions like edema, poor circulation, and general leg fatigue.  
  
Effectiveness: I found the CINCOM Leg Massager to be highly effective for relieving discomfort from swollen legs and improving circulation. The compression therapy works wonders for reducing the sensation of heaviness or puffiness in the legs, and it does a great job of promoting blood flow. After using it for 20 minutes, my legs felt noticeably lighter, and the tension in my muscles had been reduced. The heat feature is a nice touch, adding a comforting warmth that makes the massage experience even more relaxing. For those with poor circulation or muscle stiffness, the CINCOM massager provides significant relief.  
  
Ease of Use: The CINCOM Leg Massager is incredibly easy to use. The control panel is straightforward, with simple buttons to adjust the compression level, heat, and mode. The settings are intuitive, so even if you’ve never used a massager like this before, you’ll have no trouble getting started. The device also has an automatic timer that shuts it off after a set period, so you don’t have to worry about overusing it. Overall, the operation is quiet, making it ideal for use in a relaxed, peaceful environment.  
  
Health Benefits: This massager is particularly beneficial for people who suffer from poor circulation, swollen legs, or conditions like Restless Leg Syndrome (RLS). The compression helps reduce fluid retention and boost circulation, while the heat function helps soothe aching muscles. Regular use can lead to less leg fatigue, decreased swelling, and improved overall circulation. It’s also a great option for anyone who spends long hours on their feet or is looking for a way to unwind after a workout.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLhKxuC7ifeGOUJK%2FaLVZrMvAtDXl%2F5nVVWRRGYe87OdAAAAAGgtOQMAAAAB&reviewId=RSVMBZ0TGBC9O)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFI74IZSYKLZ35SRODS7ETZLPR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFI74IZSYKLZ35SRODS7ETZLPR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bilal Faiz](https://www.amazon.com/gp/profile/amzn1.account.AFI74IZSYKLZ35SRODS7ETZLPR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relieve Pain and Boost Circulation](https://www.amazon.com/gp/customer-reviews/R356QBR2VHAF6T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08CXN8QF2)

Reviewed in the United States on November 7, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased the CINCOM Leg Massager. This leg massager offers heat and air compression, which I found incredibly effective in relieving muscle tension and improving circulation. It’s particularly helpful for people dealing with calf pain, restless leg syndrome (RLS), or edema, making it a great choice for those of us who sit for long periods or are on our feet all day.  
  
One of the best features is the customizable compression intensity. I could adjust the pressure to fit my comfort level, whether I needed a gentle squeeze or a firm massage. The heat function is also a big plus, as it adds an extra layer of comfort, especially on cold days or when my legs feel particularly tight. The settings are easy to navigate, and the device automatically shuts off after a set time, which is great for safety.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHMJSDEMESS65G6MFSNC5PH5456A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHMJSDEMESS65G6MFSNC5PH5456A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Stevinski](https://www.amazon.com/gp/profile/amzn1.account.AHMJSDEMESS65G6MFSNC5PH5456A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I'm SHOCKED this works & BEST night's sleep to boot...](https://www.amazon.com/gp/customer-reviews/R1T8XMTZ6ZZ9H5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on December 16, 2015

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I cannot believe this works.  
Pros  
-First and foremost, it absolutely got rid of the awful restless legs. You know the feeling...all you want to do is STRETCH your legs and if you don't you're going to die... It's SUPER annoying when all you want to do is sleep. With this product from Hyland's - GONE!! No more RLS when I take this. I only wish I would have found this a long time ago. This is a product I cannot live without now.  
-I am getting the BEST night's sleep. I can't believe how well i'm sleeping, literally the best night's sleep i've probably ever had. My husband, who doesn't suffer from RLS, also likes taking this because of how well it works for sleep.  
Cons  
-I hate to say it but it does give me a headache. I'll take it and then get a headache within an hour. However, it really doesn't matter because i'll get the headache but i'm too sleepy to do anything about it and before I can even complain..i'm out. Again, best sleep ever.

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEjQCB6RqUAoXR7PDHO%2B8Gyw9z4ebx5hEYXy2cAhSZzXAAAAAGgtNaQAAAAB&reviewId=R1T8XMTZ6ZZ9H5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWGAFOLJLWGGW2XECRX5XTDMRYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWGAFOLJLWGGW2XECRX5XTDMRYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tiffany Marie](https://www.amazon.com/gp/profile/amzn1.account.AFWGAFOLJLWGGW2XECRX5XTDMRYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* These work great!](https://www.amazon.com/gp/customer-reviews/RMVHHLV4VT1W6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on September 9, 2016

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love these tablets. I have a lot of issues with my legs. I stand and walk a lot at work so I end up with soreness and muscle cramps. I often wake up in the middle of the night crying in pain because of leg cramps-Charlie horses. I also have RLS and deal with my legs kicking randomly when I'm trying to fall asleep. I remembered that I used to take these tablets a lot back when I rode bikes 100 miles a week. They helped a lot then, so I thought they would worth trying again.  
I've started taking one before bed any time I've been on my feet for 8-10 hours. If I remember to take one- I sleep soundly with no cramps! Once or twice I have forgotten to take one and woken up with a cramp. I'll take one then and go back to sleep and it helps quell the pain and fall back asleep.  
I feel like the price on these was great, especially compared to similar products.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFNrOQKxIICDLKZ22reEIMCOh1lkrPluE1VEsiEQHm0sAAAAAGgtNaQAAAAB&reviewId=RMVHHLV4VT1W6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJUOJ4APMNOSCBSVR26OY7EQ6MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJUOJ4APMNOSCBSVR26OY7EQ6MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Allison Smith](https://www.amazon.com/gp/profile/amzn1.account.AHJUOJ4APMNOSCBSVR26OY7EQ6MQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Sleep saver!!](https://www.amazon.com/gp/customer-reviews/R1OPN39RXF6S38/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on November 29, 2020

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Wow, these actually work for RLS! After a day of eating and drinking too much caffeine and sugar - my main triggers for RLS - I was having to constantly move my legs by 9pm. I took 2 pills, went to bed, and the RLS was gone and I was asleep within 20 minutes! I'm keeping this bottle by my bed. After reading reviews I went straight for this "Leg Cramps" version instead of trying the "Restless Legs" pill. This had almost no taste - it was just a little chalky, but dissolved very quickly. My sister took 1 pill the same night and it worked for her too!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPYlXKGog%2BBNiK0wLmy06%2BPkyShVOwJRuHYhPSIbN2rKAAAAAGgtNaQAAAAB&reviewId=R1OPN39RXF6S38)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGVTGPNWLTBDEXTREZX267GRUZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGVTGPNWLTBDEXTREZX267GRUZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rocky Raccoon](https://www.amazon.com/gp/profile/amzn1.account.AHGVTGPNWLTBDEXTREZX267GRUZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Excellent -the first product that worked for my Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/RHC77BKCDPPAD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on February 2, 2014

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff works, and works fast, and reliably for my Restless Leg Syndrome.  
  
I should also mention that a HUGE factor for me is reducing/eliminating sugar in my diet. I found a definite, strong relationship between eating any form of sugar (table sugar, corn syryp, high fructose corn syryp, fructose (fruits), etc.) It is VERY HARD to get it all out of my diet and I have a wicked sweet tooth -- but Simply Lite chocolate from Trader Joe's kicks my sugar jones pretty good.  
  
For years I relied on prescription meds to help with RLS but quitting sugar took care of 80% of the problem. But when I get that nasty tingle and feel some jerking coming on, Hyland's Leg Cramps PM knocks it out before it gets bad. (And I've had RLS so severe that it radiated into my upper torso and arms.) I'm a believer.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL4z2aQxoulc5%2B3o%2BAj6Y8VfENNP%2BcxQTbUHIaI79xF9AAAAAGgtNaQAAAAB&reviewId=RHC77BKCDPPAD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQHR47WV7K37LJIAGGJ3HPHENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQHR47WV7K37LJIAGGJ3HPHENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lee](https://www.amazon.com/gp/profile/amzn1.account.AFQHR47WV7K37LJIAGGJ3HPHENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Ehhh](https://www.amazon.com/gp/customer-reviews/RWCGUJZQHY361/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on October 13, 2023

[Style: Daytime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B08Y6T514L/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Every now and then I experience really intense restless leg syndrome. They DO work. But it just depends on how long. I stopped popping them like skittles and just started going without. Because once they wear off in the middle of your sleep, again depending on how bad RLS is, I’m up again. It’s enough to help you fall asleep but they may not get you through the whole night.  
  
I did like that you can take them without anything to drink. They aren’t overly powdery and I didn’t detect any taste.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIFSyVd5V8sAftihrAZXAg53cUng9pKrMflt5S41vTgWAAAAAGgtNaQAAAAB&reviewId=RWCGUJZQHY361)

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[Erica Heber](https://www.amazon.com/gp/profile/amzn1.account.AE4SNHZ2SE2U7NX227RB5KY2QRDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Cannot believe this stuff works!!!!](https://www.amazon.com/gp/customer-reviews/R2V77L5VAZELFP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on June 30, 2015

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Well, I am always skeptical of these homeopathic remedies but THIS WORKS! I have noticed a marked change in my RLS when I take this at night. I have no clue how/why but its really helping! I have suffered with RLS for years now and have been on narcotics, muscle relaxers and then my doc tried to get me to take some drug that is used for people with Parkinsons. Well I looked at the side effects and said NO WAY! That stuff was scary. So I went back to hot baths and massage. But I needed help at night before bed when it was at its worst and so bought the PM formulation. Its working so I am very pleased!

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJINZ3FXNHYvyjHw9ORD5jIn4zBAORwZUs6sNuVwzrm5AAAAAGgtNaQAAAAB&reviewId=R2V77L5VAZELFP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFERBXV73WNPMES4ITQYSTA5O2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFERBXV73WNPMES4ITQYSTA5O2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ron Skjerve](https://www.amazon.com/gp/profile/amzn1.account.AFERBXV73WNPMES4ITQYSTA5O2GQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Can’t live without](https://www.amazon.com/gp/customer-reviews/R1F1ZKQI57Z0SI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on August 25, 2022

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered from RLS for some time now, I have tried several different ways to find relief. Absolutely nothing has given me the relief and able to sleep like this product.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMEOE%2F3YrxZAx41ivlEbmzbhiD0DuqD6iROCKN8mEj07AAAAAGgtNaQAAAAB&reviewId=R1F1ZKQI57Z0SI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFPQ6FQSBX6NUGFULLRG5OC3HEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFPQ6FQSBX6NUGFULLRG5OC3HEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SusanLynnJ](https://www.amazon.com/gp/profile/amzn1.account.AFPQ6FQSBX6NUGFULLRG5OC3HEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Four Stars](https://www.amazon.com/gp/customer-reviews/R11LPIC2KH3YCB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on July 18, 2016

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like this because it helps also helps with the problem of not falling asleep. Sometimes I need to take this more than once. Use it along with the cream for best results. I also use other homeopathic remedies including Hyland's restful legs, Hyland's sleep and melatonin in combination with this product, RLS is a tough nut to crack. I took off a star because it doesn't always work, there are some nights where it just seems nothing will work.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJxPHiRXWHoN6u3iS6AdK0ICggb4ebjljY2grer7KtdjAAAAAGgtNaQAAAAB&reviewId=R11LPIC2KH3YCB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGH2C2MEQALAZBIMOMXGPCRLN2YQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGH2C2MEQALAZBIMOMXGPCRLN2YQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[C. K. O'Shea](https://www.amazon.com/gp/profile/amzn1.account.AGH2C2MEQALAZBIMOMXGPCRLN2YQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works and does help you sleep too.](https://www.amazon.com/gp/customer-reviews/R35OMHGMBTBO3R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on April 20, 2016

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was using this regularly to help me sleep and ameliorate RLS because a certain amount of RLS, I think, comes from spasms/cramps in the back and hips. That is just an unlearned idea, so don't take it to the bank. Anyway it did seem to help so that I didn't need so much "Restful Legs." It also helped me sleep. I backed off on the use though and only use it if I have trouble sleeping or resistant RLS or cramps, cramps anywhere, in my toes or my arms or my back. It helps me anyway.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMxuIgNPXVLdDMnTwnyU7lMdidT5RPr%2F68aGsIbKcTs%2BAAAAAGgtNaQAAAAB&reviewId=R35OMHGMBTBO3R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7DQKYEYVXU2PYNVP3Q762WADKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7DQKYEYVXU2PYNVP3Q762WADKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JL](https://www.amazon.com/gp/profile/amzn1.account.AE7DQKYEYVXU2PYNVP3Q762WADKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relief from RLS at last!](https://www.amazon.com/gp/customer-reviews/R2NWI9F1EZQT0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on August 31, 2017

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for almost a year. I had been suffering for months with no relief and terrible sleep. I saw this got great reviews and is not that expensive. I don't have symptoms every day so I don't take it every day. It takes about 20-30 min after taking it to get relief for me but when it kicks in, there is a huge difference. This med has really improved my quality of life.

8 people found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7W6QBOPAFFOOET5XGDGBZ6LUOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7W6QBOPAFFOOET5XGDGBZ6LUOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Justin](https://www.amazon.com/gp/profile/amzn1.account.AE7W6QBOPAFFOOET5XGDGBZ6LUOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They WORK.](https://www.amazon.com/gp/customer-reviews/R3QLP0N6D0LDZ1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on March 9, 2019

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have prescribed medication I take for Restless legs (RLS). Normally that's enough but once or twice a month I need a supplement to it. These tablets work GREAT. I can't think of a time I used them that they didn't work. Great in this age of over-marketing and under-delivering to find a product worth recommending.

27 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hN8CbQueBXWHsBeyomOwACV72M2WkKRhctmEMlZ8lUcpAAAAAGgtOV4AAAAB&reviewId=R3QLP0N6D0LDZ1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG22PO5AJDVXATBTADWRLBWREEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG22PO5AJDVXATBTADWRLBWREEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tonya D. Peterson](https://www.amazon.com/gp/profile/amzn1.account.AG22PO5AJDVXATBTADWRLBWREEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Actual relief, makes me sleepy](https://www.amazon.com/gp/customer-reviews/R332857KENJQIK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on February 27, 2021

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps the pain in my legs from overused muscles, I can actually sleep instead of laying there with throbbing legs. Seems to help my rls a bit too

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBqTdNrucAX4DuaP1x9WyFu0SzFz7U5smyInYfhRvMuDAAAAAGgtOV4AAAAB&reviewId=R332857KENJQIK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYTQXA5QZABO7NW3O6KFREV5NKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYTQXA5QZABO7NW3O6KFREV5NKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[HOLMES GROVES](https://www.amazon.com/gp/profile/amzn1.account.AEYTQXA5QZABO7NW3O6KFREV5NKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* HYLAND tablets help with RLS.](https://www.amazon.com/gp/customer-reviews/R3VOR9AQS7GZ78/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on December 11, 2019

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe RLS and wanted to discontinue my prescription drugs. HYLANDS PM leg cramp tablets have been a big help with the RLS. I also use the AM tablets with good results.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDZ1WLaf5ROEGOTrMPlnzWeA9DSdBh9Cy0vOWT0%2F4EvNAAAAAGgtOV4AAAAB&reviewId=R3VOR9AQS7GZ78)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFUMN3VI5ZJLQ2DDJ2GBRRCH3WKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUMN3VI5ZJLQ2DDJ2GBRRCH3WKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lives4trauma](https://www.amazon.com/gp/profile/amzn1.account.AFUMN3VI5ZJLQ2DDJ2GBRRCH3WKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Decent](https://www.amazon.com/gp/customer-reviews/RNN0M1EXLCVH0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on September 21, 2017

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have really bad RLS and they work sometimes and OK. It's nice to have a natural option.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFtamAoBf%2FlovM3IAG8qlff%2BNyndSQEBSSZBfMCo17MuAAAAAGgtOV4AAAAB&reviewId=RNN0M1EXLCVH0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXJDQFI3ORK5A6I23EOCFN64B7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXJDQFI3ORK5A6I23EOCFN64B7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[BtflGrl1973](https://www.amazon.com/gp/profile/amzn1.account.AHXJDQFI3ORK5A6I23EOCFN64B7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really works fantastic](https://www.amazon.com/gp/customer-reviews/R2232MMR4FGOTV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on December 11, 2018

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought this for my son who has a terrible case of RLS. He doesn't like to take medication for anything but since these are tiny pills, made them easy to go down.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDEuquez9OrE3C%2F2OU1Shsw7iBraBaGlL1Rd%2BUhmWmfDAAAAAGgtOV4AAAAB&reviewId=R2232MMR4FGOTV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEQKELEJOSSYRJ5AQCCJRUKGSDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEQKELEJOSSYRJ5AQCCJRUKGSDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[The Ghost](https://www.amazon.com/gp/profile/amzn1.account.AFEQKELEJOSSYRJ5AQCCJRUKGSDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Best product out there! So glad I can find it at an affordable price on Amazon!](https://www.amazon.com/gp/customer-reviews/R5U4PXJ0SWGUZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on August 16, 2015

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product is always wonderful. This is my go-to for my as-yet-professionally-undiagnosed RLS problem. The packing it came in was dented and a little torn, but the pills were in good shape.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJL1bM6QAeZL4Vppdo%2B%2F5i1k6tLoUETPMgNOYOhd%2BHIiAAAAAGgtOV4AAAAB&reviewId=R5U4PXJ0SWGUZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGVJBIFCLRMUB4UOQHFWHH6A4ZTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGVJBIFCLRMUB4UOQHFWHH6A4ZTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Foofie](https://www.amazon.com/gp/profile/amzn1.account.AGVJBIFCLRMUB4UOQHFWHH6A4ZTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* We are BOTH sleeping better](https://www.amazon.com/gp/customer-reviews/R31GN2PJ8UTYVX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on January 20, 2019

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Truly does wonders for my husband’s RLS. He’s tossing and turning significantly less and we are BOTH able to get better sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFLMNRSiLgMb9AfHci%2FPsD%2FsnbLC1vz5zfWww2b4SUXPAAAAAGgtOV4AAAAB&reviewId=R31GN2PJ8UTYVX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHDFRK35PP3HIBTC24IUC7TNLGWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDFRK35PP3HIBTC24IUC7TNLGWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[G-ma](https://www.amazon.com/gp/profile/amzn1.account.AHDFRK35PP3HIBTC24IUC7TNLGWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This works](https://www.amazon.com/gp/customer-reviews/R17H5OVFFVXCCU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on September 3, 2019

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and I put 3 under my tongue. Within 10 minutes I feel relief.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLd4SCtAKOA3E1xFYBwPvafNVhgCnGgAq8rQ11HPhsiAAAAAAGgtOV4AAAAB&reviewId=R17H5OVFFVXCCU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEDR3ZI7TIBTL7QONQNIRJVMJUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEDR3ZI7TIBTL7QONQNIRJVMJUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jozie](https://www.amazon.com/gp/profile/amzn1.account.AFEDR3ZI7TIBTL7QONQNIRJVMJUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It didnt work for RLS - leg cramps or going to sleep](https://www.amazon.com/gp/customer-reviews/R24FJ81VI9GQ69/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on December 31, 2022

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It didnt work for RLS - leg cramps or going to sleep - Unfortunately I was up till 3am waiting for this thing to work but it never did

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHmEM%2BR77QXa6SFn8GW7JNJvy7NjzLortgiUnLiRAK38AAAAAGgtOV4AAAAB&reviewId=R24FJ81VI9GQ69)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNXPCDIBFYFNDIQF4KZRPNZYFDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNXPCDIBFYFNDIQF4KZRPNZYFDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Susan Lynn Stewart](https://www.amazon.com/gp/profile/amzn1.account.AGNXPCDIBFYFNDIQF4KZRPNZYFDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing product](https://www.amazon.com/gp/customer-reviews/RD5Q2EX0ZZO34/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on October 26, 2012

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The PM is much more effective than the regular Hylands Leg Cramps. Highly recommend for anyone suffering from RLS or leg cramps in general

##### [*1.0 out of 5 stars* Does not work if you have Restless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R35FWK54Q59DL9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on February 19, 2025

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

If you have RLS (Restless leg Syndrome) don’t bother purchasing as it does not work. I have taken up to 3 doses within 45 min and no relief

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD2ekqk%2ByPopgxxqN1MXSd3XqVx%2FZk01eNK9vAtqrqVGAAAAAGgtOWwAAAAB&reviewId=R35FWK54Q59DL9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMKP5X2Q2FEAMB54JFE5WKLJCGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMKP5X2Q2FEAMB54JFE5WKLJCGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Major Greg](https://www.amazon.com/gp/profile/amzn1.account.AFMKP5X2Q2FEAMB54JFE5WKLJCGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good for RLS](https://www.amazon.com/gp/customer-reviews/R1IVTSB5MFOR4U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on January 23, 2022

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

I’ve suffered w/ RLS for 14yrs, and this is truthfully the best OTC product to help relieve my pain. It is kind of expensive if you use it like it recommends as you run out fairly quickly, however it’s worth it to me.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDvgcoxRlhFrecRgKSgzh3f3Q58cPzyIjefRBRkBKnU6AAAAAGgtOWwAAAAB&reviewId=R1IVTSB5MFOR4U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTW4I7JHMQOLMBOIGINVAINL44A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTW4I7JHMQOLMBOIGINVAINL44A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cristine](https://www.amazon.com/gp/profile/amzn1.account.AHTW4I7JHMQOLMBOIGINVAINL44A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This really works](https://www.amazon.com/gp/customer-reviews/R2M65NGGUUBPJH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on May 28, 2019

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

I suffer from RLS and when my legs feel like I have to keep stretching them, I take one pill. It usually works in 20 minutes and my legs rest! If I've had a very busy day, I might have to take one more in the middle of the night. I'm so glad I found this product and will order it on Amazon from now on. My health food store is pricey!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLiqE10mz6UDIDfWEXGaYLa0dgfo14irixf4hK8MeR6oAAAAAGgtOWwAAAAB&reviewId=R2M65NGGUUBPJH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFS7NDJEDGYVPSWJZSRHMVAWHFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFS7NDJEDGYVPSWJZSRHMVAWHFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jessica](https://www.amazon.com/gp/profile/amzn1.account.AHFS7NDJEDGYVPSWJZSRHMVAWHFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works good!](https://www.amazon.com/gp/customer-reviews/R1AK9YZ0EVHWOI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B08Y6T514L)

Reviewed in the United States on October 26, 2022

[Style: Nighttime](https://www.amazon.com/Hylands-Naturals-Tablets-Natural-Relief/product-reviews/B002YXUPGK/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have bad rls and these work for me!

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[vonetta Drummond](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really does work](https://www.amazon.com/gp/customer-reviews/R154KXI7Q83N3Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 22, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Great product works like a charm.  
  
Stops my rls within 15 to 30 mins  
  
And l sleep like a baby

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGrgdbm7i8p6xdT99JpmRwgHcY1zBguIZmJUfE13wFpbAAAAAGgtNaEAAAAB&reviewId=R154KXI7Q83N3Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Stacie Williams](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1OI2ID136SEGH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 9, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Couldn’t have made it through my pregnancy without this product. Very grateful

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNLnMBybSoCR3gGmPbOwgTUtUNnL6BkBS8mVBJWbhqr4AAAAAGgtNaEAAAAB&reviewId=R1OI2ID136SEGH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S. Long](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It works most of the time](https://www.amazon.com/gp/customer-reviews/RGZLWL4KQRCAS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 24, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Some nights it works beautifully, others not so much and I don't know what the difference is. I take it about an hour after dinner, then about another hour later I eat my bedtime snack. I take a prescription for RLS every night, and when I still have trouble I take Hyland's restless legs pills as well as a homeopathic RLS formula. Also if I'm still having issues, I rub Biofreeze on my legs. Usually that takes care of it. It's definitely worth the $$. Give it a try and you might be pleasantly surprised.  
  
Update 12-2-2022  
I've learned to take it just before bedtime and that I am good with only one pill. Try it! It really helps!

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFDrro76JQzU%2B08FAYblgWPzhGT5CsJejC2W4ETXKbKNAAAAAGgtNaEAAAAB&reviewId=RGZLWL4KQRCAS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I can sleep through the night again.](https://www.amazon.com/gp/customer-reviews/R11XRL4NT2O3C1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 7, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My leg pain at night was getting much worse and the tylenol was no longer effective. I learned I must have RLS and looked for a product that would help my waking up in the middle of the night and not being able to fall back asleep. I have taken Calm Legs for two months now and I can say that I now sleep through the night most of the time. I also noticed that if I forgot and didn't take it, I could count on another sleep interrupted night. Thank goodness I found a something that helps but the negative is that it appears I must continue to take it the rest of my life.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM5w9rygs%2BMPjPUtFP%2BL4I29jVFOFeLNtX21Arvmkj2%2FAAAAAGgtNaEAAAAB&reviewId=R11XRL4NT2O3C1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brianna](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R3R1XT4XSMJFZS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 10, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I used to take melatonin to sleep and it worked miracles. Eventually I was able to eliminate it. Then I had some trouble again but mostly with my RLS. These are a game changer! My legs have calmed down not only at night but throughout the day. They help get me ready for sleeping. They're not like a sleeping pill where I wake up feeling weird the next day. And I do not get super drowsy before bed. I suggest taking it at least an hour before heading to bed as it is more of a calming effect on my brain.

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA%2B0uBKTLDhePt3GO034UQ8Zn4CrKvTwmgAjMr4jSx0EAAAAAGgtNaEAAAAB&reviewId=R3R1XT4XSMJFZS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amy M](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* IT WORKS!](https://www.amazon.com/gp/customer-reviews/R86FQSH4YCLQV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 8, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless Legs can drive a person insane! And nothing works to stop it, except walking around. But this stuff works! I was very skeptical at first, but, as anyone with RLS knows....we will try anything. The ingredients in Calm Legs are all things I have heard of.....combined in one pill. I take it when I first start to feel the restlessness, and them I just forget about it. If I do wait too long, then I still have to take my prescription medication, but the combo of the two brings it right down. This stuff is a lifesaver or, at least, a sanity saver!

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCnWzuv9qyeiH%2Bc309TDwF%2BmKlKxsbguzkbBnpVgqrx4AAAAAGgtNaEAAAAB&reviewId=R86FQSH4YCLQV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CatLover](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The ONLY thing that saved my sanity!](https://www.amazon.com/gp/customer-reviews/R1L59Z3VNJYRT9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 6, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless legs sufferer for over 20 years and I've FINALLY found something that works! It greatly reduces RLS and luckily I usually only need to take 1 tablet (indicated to take 2 on bottle). I cannot order through the Canadian site anymore, so I pay the extra through the US site. And it's still worth every penny, as it saves my sanity! If you have RLS, you know what I mean. The symptoms and lack of rest is enough to drive you crazy. I hope they NEVER stop making this product!

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE%2BX%2B%2FQVggTj1faMM7lB979%2F5AhcHERgY9aHhI%2BYxuhEAAAAAGgtNaEAAAAB&reviewId=R1L59Z3VNJYRT9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Douglas S. Rasmussen](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* LOVE THIS SUPPLEMENT!!!](https://www.amazon.com/gp/customer-reviews/R34FSAAMDAG45B/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 20, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After major surgery way back in 2013, the very night I got back home, I’ve battled RLS for years. Then after intense work outs and weight training, it’s gotten far worse.  
  
Only negative issue is the shrinkflation phenomenon. Less than half the bottle is full! That’s a bit annoying.  
  
I’ve tried other stuff and magnesium, massagers, etc. Now I’ve found this, it’s changed my life. I’ll take this forever probably.  
  
THANK YOU!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIUqddb34HWGs96zgclmjDt3fVc9qkXbC3WlriwYntECAAAAAGgtNaEAAAAB&reviewId=R34FSAAMDAG45B)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rebecca Jensen](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Highly Effective](https://www.amazon.com/gp/customer-reviews/R4M3BGCO3JAV6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 11, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This supplement worked for me in the first night. Not only did I not wake up with RLS, I fell asleep fast and stayed asleep. And when I had to get up to go the bathroom, I fell back to sleep very fast. This supplement has been a game changer for me. I'm so grateful for it.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDe3nkjjuuhK6RtcCy1DMFSfmUa2lGga6Kwd1KCEer2AAAAAAGgtNaEAAAAB&reviewId=R4M3BGCO3JAV6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[amazonluver](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Nighttime relief!!!](https://www.amazon.com/gp/customer-reviews/R2I3CZLZTIRSU2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 22, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For years my husband has had RLS and he researched and found these on Amazon to try. He has had very good success with these pills and isn't bothered at night anymore. In recent times I started having RLS and I too have had good results with the Calming Legs pills. If you're wondering whether it may work for you, give it a try and have a good nights sleep!!! zzzzzzzzz

[[](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[peanut58](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* My second bottle.](https://www.amazon.com/gp/customer-reviews/R2M6E6ZAY0LOJB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 7, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and sometimes have break through symptoms which leave me up at night with no sleep. I take a prescription but found this additional supplement and it has been a life saver. I’ve not had any issues or problems with my RLS since taking this with my meds. I highly recommend this product and you won’t be disappointed

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNa5lvL4VnV1SHodY7rk2CdEUx5hOtz8RUkgLfYfpfZeAAAAAGgtOX0AAAAB&reviewId=R2M6E6ZAY0LOJB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Leslie](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works wonders](https://www.amazon.com/gp/customer-reviews/R9EH29W1DS2UL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 1, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have not been diagnosed with RLS but have suffered from what I call electric shocks through out my bones in my legs, sometimes in my arms. I just purchased my 3rd bottle of Calm Legs. It has worked wonders for me. I went from these shocks 100% of the time to 90% of the time. Probably once a month I will feel it but let me tell you it's much better than EVERY NIGHT. Can't live without it now.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBDuD6EgGWIUcBxF9UkUcxKB7AM0x9hlqkb%2BJzHdpA5zAAAAAGgtOX0AAAAB&reviewId=R9EH29W1DS2UL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Carrie, 44, MN.](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It helps](https://www.amazon.com/gp/customer-reviews/R15W2XY1DH55E1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband has awful restless legs. He shakes and twitches all night. I also have a hard time sleeping on a regular basis so I also tried them, and it helped me sleep a couple hours longer than I normally would have with just melatonin alone. Calm legs honestly helped tremendously where I was able to sleep and not feel my husband twitching all night. I would definitely recommend this to anyone who’s having issues with RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPeql2ryTHWkEZrwy8gnfS1ksSgkE5LCx1gwNFyKYoibAAAAAGgtOX0AAAAB&reviewId=R15W2XY1DH55E1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amy AnglinCoulter](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helped after developing RLS from antipsychotic](https://www.amazon.com/gp/customer-reviews/RLBU440O0MEQI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 10, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I developed severe RLS after weaning off an antipsychotic I took short term. Both legs began jerking, twitching, and left me with the urge to constantly move around while falling asleep. My left leg is worse than my right. I was lucky if I managed 4 hours of sleep. Like others here in the reviews, I was skeptical. So glad I tried them a few days ago. I’ve had a tiny bit of tingling and urges to move, but nothing that keeps me from falling asleep like before. Recommend.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFbACyXRwR0hi%2FPfsKUQcjlH7ZDcp8jOq1voWXxFfgH9AAAAAGgtOX0AAAAB&reviewId=RLBU440O0MEQI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S.Doherty](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works very well](https://www.amazon.com/gp/customer-reviews/R3I8JS8Y40XTBR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 14, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don’t want to take prescription drugs for my RLS, a friend recommended this product to me and I’ve been very happy with it. It’s good to take 30 to 60 minutes before bed. Works well!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBroGtmo%2BB%2BKSi0TBjCXjtM9SZkWQL0pQZWZP2sbTGQ0AAAAAGgtOX0AAAAB&reviewId=R3I8JS8Y40XTBR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Robin](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It definitely helps!](https://www.amazon.com/gp/customer-reviews/R88J1IT0EBH26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 7, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After taking for about a week my RLS is not keeping me up all night! Yeay!

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIj1xMhTmWhESnKDVGabMDJDSKMZODMQdmrSLFg7%2FqaPAAAAAGgtOX0AAAAB&reviewId=R88J1IT0EBH26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Danny](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Did help me sleep a bit, didn't stop rls](https://www.amazon.com/gp/customer-reviews/R26WY3D9S8O7Q0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 27, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have had rls really bad and got this....will help u fall asleep but doesn't fix rls. Ide still buy it and have but its not miracle supplement

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB1cdZdNoBTTANh8hcrQfDV%2FSDydYh4kJ7J8kH6L4UqxAAAAAGgtOX0AAAAB&reviewId=R26WY3D9S8O7Q0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Andrea Obermayer](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work totally](https://www.amazon.com/gp/customer-reviews/R9AWE88VD6QFT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 6, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My symptoms of RLS don't start till later in the nighttime but has not gone away. They just appear later than they normally did

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHtuHzh3INL%2BmQXFLEnloXFaxabC6EEE9amDT7tie%2FbtAAAAAGgtOX0AAAAB&reviewId=R9AWE88VD6QFT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[candy](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It doesn’t work.](https://www.amazon.com/gp/customer-reviews/R3RVNOZX5WJ27L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 9, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe restless leg syndrome as a side effect of antidepressants to the point where I can’t sleep for hours and wake up the next morning sleep deprived and upset. The reviews I read were majority positive and I have it a shot. It has done nothing to stop the sensation. I take sedatives to knock me out because I also have insomnia and normally once I start going down I’m gone and nothing came wake me, but RLS keeps me awake AND will wake me up if I have already fallen asleep. the restlessness in my legs I’ve coupled it with dopamine boosting supplements (RLS can be caused by a decrease in dopamine, which is what my antidepressant does) and it has yet to do anything. The bottle says take 2 tablets but I was so desperate for sleep I took 6 and it still did nothing. It’s unfortunate that I will need a prescription to hopefully help make sleep possible but this product did nothing for me.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBhLfu%2F7eDr30AnbYzrqPpvMw6%2FM5BntCbCQ6CnqxV2lAAAAAGgtOX0AAAAB&reviewId=R3RVNOZX5WJ27L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[G. Sparks](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Has worked for me.](https://www.amazon.com/gp/customer-reviews/R1MLZ5JJWCUD3H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have tried other supplements but this one seems to work the best. I think they have the right formula. I believe it’s in line with recent research that I’ve read in the RLS foundation literature. It did seem to take awhile of consistent use to show some effect.

5 people found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[N. DeLand](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great profuct](https://www.amazon.com/gp/customer-reviews/R2UIU3NUTVNCH7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 26, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought these for my boyfriend when had a very hard time sleeping due to Restless Leg Syndrome. These work great. No more RLS and a good nights sleep.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCOlf4F3JY1zEPLt554sd1l2ey3GqM44zIjI9M%2Ft3vlDAAAAAGgtOYkAAAAB&reviewId=R2UIU3NUTVNCH7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anne Thompson](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really works](https://www.amazon.com/gp/customer-reviews/R32SN1DEYVYMC3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 12, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband suffers from rls. This is the only thing that worked for him.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLPQsGLBJMWBzqY6KEEoqhhXwutT6XuF0ZsgWX3t1k%2FsAAAAAGgtOYkAAAAB&reviewId=R32SN1DEYVYMC3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nancy](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* didn't work at all for me](https://www.amazon.com/gp/customer-reviews/R3BLE8K072F8Y0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 26, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was a complete waste of my money. I was hoping to be able to find something to replace my expensive prescription for RLS; however, this did not work at all.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP46RcodkHPMwXA0w0HPj2kJ3lO43t3aISclscqJjuBYAAAAAGgtOYkAAAAB&reviewId=R3BLE8K072F8Y0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tracey Delaney](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Only OTC that works](https://www.amazon.com/gp/customer-reviews/R2WMRHE2AXKDLZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 28, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the only one I’ve found that works for me. I do notice if I’ve drank wine or any other alcohol they don’t work but that’s RLS

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCrywML3KJ%2Fu9xG7LkrIUrplIq1WY%2B%2BoHGqR9NOorq1XAAAAAGgtOYkAAAAB&reviewId=R2WMRHE2AXKDLZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel c.](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Seems to work well if used nightly as directed](https://www.amazon.com/gp/customer-reviews/R3A9DZZ6GHG608/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 1, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Rls relief

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEBJR28UMWenQaCoK2SDdGNTtH5X8CTVjn4Efw3N6O3IAAAAAGgtOYkAAAAB&reviewId=R3A9DZZ6GHG608)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jennifer T.](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* LOVE THIS PRODUCT!](https://www.amazon.com/gp/customer-reviews/R2ZPW48PJ4ZWV5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 24, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've dealt with restless legs for a couple years then, started taking this. It has worked wonders and I would strongly recommend it to anyone who suffers from RLS. It is my monthly go-to now and I won't use anything else.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK0p9WXZUhqJ3pG1YSNoXhFOLFquTSgxPW%2BEhA9jFwYHAAAAAGgtOYkAAAAB&reviewId=R2ZPW48PJ4ZWV5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nanci](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Dies not work for my RLS](https://www.amazon.com/gp/customer-reviews/RVZTOYQD72KWG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 4, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Based on the positive reviews I read I bought this product! It did not give me any relief whatsoever! Wasted my money because it cant be returned! I gave it 5 days to make a difference! So beware of the positive reviews !  
I have had rls for over 10 years and have tried So many different products! What works best is to get up and use a deep massager on my legs! Taking pills before they come doesn’t work! massaging before bed doesn’t work! stretching before bed doesn’t work. This product did not even give the slightest relief!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOrsKu3S9qVgpQRM%2FL1rEBFRunvxdKwtJMXmuQLbLZVIAAAAAGgtOYkAAAAB&reviewId=RVZTOYQD72KWG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cheryl G.](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far so good!](https://www.amazon.com/gp/customer-reviews/R24LC5XWH1ACAY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 13, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After my 1st sleepless night from RLS I ordered these. Took them that night and have not had the awful want-to-cut-my-legs-off episode since!  
Not crazy about how big they are or the taste but will endure as long as they work.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIM9%2B3EkZ%2BqJQt0Ta4u5au0k68PceaSULH8it9Pc4TWwAAAAAGgtOYkAAAAB&reviewId=R24LC5XWH1ACAY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CMC](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This works](https://www.amazon.com/gp/customer-reviews/R10QLWSPYVVHC5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 4, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for several years even after spinal fusion surgery. I take one tablet in the evening when the RLS kicks into both legs at the thighs. I am grateful for this product.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMt0ln4t%2FdXCMxTaobxTQRV6UGqyTffVpUHkIURyNDAvAAAAAGgtOYkAAAAB&reviewId=R10QLWSPYVVHC5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anita Regan](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far it has worked miracles](https://www.amazon.com/gp/customer-reviews/R1W799JA8Y9QTS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 25, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered from RLS for about 10 years now . To be honest I wasn’t expecting much but hoped for a little relief. It has worked great!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hITEwXQqaZJFANq%2Br%2BYBTiMl83%2FONsZiuMimmWo0NFVAAAAAAGgtOYkAAAAB&reviewId=R1W799JA8Y9QTS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Frances M Scanlon](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work for my RLS](https://www.amazon.com/gp/customer-reviews/R1LF6FJLVD3S85/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used product as directed but there was no change in the RLS symptoms.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF%2Bq5ePNMmDKLZeNb3V%2BSGfMpPfwTfsczAl%2FP2jy81iYAAAAAGgtOZIAAAAB&reviewId=R1LF6FJLVD3S85)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[margie bettiga](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This has helped my restless legs so much!](https://www.amazon.com/gp/customer-reviews/RBC7MPE0VQLLJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered with RLS for years , nothing has helped but this product . Most nights I am not bothered at all!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFPqJs3AAFSDPK4%2FunBlTYgt65vfdHH7hJxzpidwCn8xAAAAAGgtOZIAAAAB&reviewId=RBC7MPE0VQLLJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jane JB](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well](https://www.amazon.com/gp/customer-reviews/R2N36O3Y01J8Z6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 12, 2021

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

While nothing will completely get rid of RL, this product has definitely reduced mine by at least 75%! Plus helps me sleep better… a win win!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBHIeYtFG9lg5JQU6k7SXZAI%2BxWXeA55vqqI3bfxbpHhAAAAAGgtOZIAAAAB&reviewId=R2N36O3Y01J8Z6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gardener](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS](https://www.amazon.com/gp/customer-reviews/RVG0OFJ629V7S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this product every night for Restless Leg Syndrome. It works great. I highly recommend it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF6Qfn3YOxgI9D905M1L5%2BBm7m%2FVxKaIkGaCS9J%2B3r51AAAAAGgtOZIAAAAB&reviewId=RVG0OFJ629V7S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Douglasdzaster](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* May work for different people](https://www.amazon.com/gp/customer-reviews/R27WSRSXZRC3K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 31, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did nothing to help with my RLS after talking three weeks. It may help with less severe cases. I ended up getting a prescription.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLLIq%2FGQpOp4%2B627c0TgcqVcqa3%2FoDwSPEFVQl6bcCPGAAAAAGgtOZIAAAAB&reviewId=R27WSRSXZRC3K)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[NYNY](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did NOT relieve my restless legs](https://www.amazon.com/gp/customer-reviews/R2CHWSSF89A18H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 19, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a REAL review from an actual purchase. This product does not work to calm restless legs IF your restless legs is not caused by a lack of magneseum or iron. Its just vitamins...basically. Doesnt work at all . Making money from people with RLS and who really suffer from it and lack of sleep due to it. Save your money, ignore the "good reviews" . Please avoid this and dont buy out of desperation to find relief.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDk9mva4BJHug%2Bzm3VylNaZyss3pLEsD8Na5sVf8glwPAAAAAGgtOZIAAAAB&reviewId=R2CHWSSF89A18H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cory M.](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It Didn't Work for Me at All](https://www.amazon.com/gp/customer-reviews/R1WE2SX2J69PDM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I took the entire bottle, just before bedtime throughout the process. I only missed taking the supplement one time. I did not notice any improvement whatsoever. It might work for you, it just doesn't work for me. I sure sympathize with anyone looking for relief, I know how miserable RLS can be! Wishing you a good solution. Oh well, I'm on to the next miracle cure...

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDBrzPge5VYDUqFS2ZbEFfdaFlkS0phBZ2Ld0TW0UO%2BVAAAAAGgtOZIAAAAB&reviewId=R1WE2SX2J69PDM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ronald Fowler](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Does not work.](https://www.amazon.com/gp/customer-reviews/RBRS1LJ7EN1KR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 5, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This will be the third product off of Amazon I have tried for my RLS. Guess I'm going to cut my losses and stick with my prescription meds,as much as I hate to.  
If you have severe RLS like myself it seems like Requip will be the only relief,it's just that I hate the side effects from having to use it.  
It's not very often I write a review,but if this helps someone else save their money,then I hope they read this.

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hN%2FX%2F%2BX6apq89U1b0KBOvct2uq%2F4ekK8usKZ0dcrC3vYAAAAAGgtOZIAAAAB&reviewId=RBRS1LJ7EN1KR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sioux Craft](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn't work](https://www.amazon.com/gp/customer-reviews/RW8VJQOPTVGD4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 25, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought the product in the hope of actually getting some relief and sleep, but alas, none were to be had. I tried to contact the seller directly so they wouldn't have a negative review, but no luck. I have been taking this product faithfully for over three weeks and have seen no help with my RLS.  
  
Lesson learned, I guess.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAPK7p%2BQTyigErDHPUhY0w8g26%2FftRTU%2FlDBoOfYXChrAAAAAGgtOZIAAAAB&reviewId=RW8VJQOPTVGD4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ross](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Does Not Work For Me](https://www.amazon.com/gp/customer-reviews/R1AAA2DEVWJ97Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 16, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If your RLS is brought on by Iron deficiency, this might help you out. Most RLS is linked to B1 and/or B6 deficiencies, so this product should only be purchased by some RLS sufferers and not all.

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Grammy](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn't work](https://www.amazon.com/gp/customer-reviews/R3G2C63JUGND3M/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 29, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Calm legs made my RLS symptoms ten times worse. I took two tablets last night and was awake all night with intensified RLS symptoms that continue today. Don't waste your money!! No refunds allowed!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH%2FJKHIwpuYR5IL9Vd1eOBVwZigILjxlTYGjGvy1CRb7AAAAAGgtOaIAAAAB&reviewId=R3G2C63JUGND3M)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sharon S.](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It sucks!](https://www.amazon.com/gp/customer-reviews/R2TT42C62O1X26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 21, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It didn't help my RLS one bit! It's a waste of money!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOi9EuLKBd5tAkTR5ODIM3H4d1XP5cwNELh%2B8yZax2EWAAAAAGgtOaIAAAAB&reviewId=R2TT42C62O1X26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[B. Schildkncht](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn't work at all](https://www.amazon.com/gp/customer-reviews/RPZU2WH9UBQR5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this as a stop gap while waiting for m pharmacy to fill my regular prescription. I have RLS so bad I actually have seizures. It didn't help at all. Dang I hoped it would!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPHa7bAM1eLOmv1enPWtaAuQEVpxyfvW6qNoH6qgJuSCAAAAAGgtOaIAAAAB&reviewId=RPZU2WH9UBQR5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[N Don Brown](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not working](https://www.amazon.com/gp/customer-reviews/RKT40G6JFQK3P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 17, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS didn’t stop

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKQZpGpHRmWnSvVBffXfKGXa5%2BGE8zyOjzLV4%2BjDFN%2BMAAAAAGgtOaIAAAAB&reviewId=RKT40G6JFQK3P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Honey\_De](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not for RLS](https://www.amazon.com/gp/customer-reviews/RMMAL9KHI7AOT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 11, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These did not alleviate my restless legs at all. I am so disappointed.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDoFvE0fTsv66mnjoGa4nlXVet3e1XVlGYbEcXeuc0LiAAAAAGgtOaIAAAAB&reviewId=RMMAL9KHI7AOT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CarefulShopper](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The perfect supplement to keep RLS symptoms under control.](https://www.amazon.com/gp/customer-reviews/R2H3LXL15Z0TE7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 24, 2021

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My RLS symptoms are generally kept under control with prescription medications. Still, I tend to have flares when the meds are less effective and I have symptoms several times daily for a couple weeks at a time. I'll admit it: I didn't have much hope for relief from this supplement, especially since lab tests have indicated I'm not actually low in iron or B12. But I found that taking Calm Legs in addition to my prescription has made symptom management much more consistent. I've taken them for a couple months now, and so far the benefit has continued.

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHootZkDzbfrSsVk%2B2W6WIKq4xDud6ngpkV54pMJaF5wAAAAAGgtOaIAAAAB&reviewId=R2H3LXL15Z0TE7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nicolette](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Near instant relief](https://www.amazon.com/gp/customer-reviews/R2MFG469L2DAS8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 13, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had severe RLS since I was a teenager (15+ years). I get it during the day and night. I get bad flare ups and it sends my nerves over the edge and interrupts my life. But with these I've notice if I take them right when I start to feel my knees tingling, it helps keep it at bay. I usually only take 1 pill but it recommends taking 2. They do not make me drowsy but it does list that as a potential side effect.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHpHY7wLmj15vIKhR%2Fk6%2F0oyYWMphWUMm4MBUIUT%2BQ5SAAAAAGgtOaIAAAAB&reviewId=R2MFG469L2DAS8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Linda Lou C](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Must buy for restless legs](https://www.amazon.com/gp/customer-reviews/R2ZADNFT62FEBX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 20, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased this a few months ago and even though it worked I wasn't sure it was the reason my restless legs syndrome (RLS) got better. I had another magnesium purchased before so I went back to using that. A couple of weeks later the RLS was back so I made an emergency same day order for Calm Legs and also put it on subscribe and save. Lesson learned. Once this arrived and I used it my RLS went back into hiding.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEDHsffzpKVWOlyKGgtasydMxQtWIzoMZcwBP8ztUzbiAAAAAGgtOaIAAAAB&reviewId=R2ZADNFT62FEBX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Holly](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works perfectly!](https://www.amazon.com/gp/customer-reviews/R1LSGRMV6QTK2R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 11, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I rarely write reviews for anything but I really felt like I had to for this one. I’m hoping to help someone else. I have RLS. It’s pretty severe. I struggle every night. I’m on the highest dose of prescription that I can be on and it hasn’t worked. I’ve only been taking Calm Legs for a week but I haven’t had one episode since I’ve been taking them. Going from every night to having nothing in this week has been exciting. I’m finally able to grab some much needed sleep. I am thrilled and am hoping for the best for this to be a long term help. I’m sure it’ll help you as well.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKFSusqDoUrcOUDS6s0RJ7wBPgVZ5VLhoG%2BibuCHghhvAAAAAGgtOaIAAAAB&reviewId=R1LSGRMV6QTK2R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dee](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works or not](https://www.amazon.com/gp/customer-reviews/R1AUVW20BB8Z0V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff is great. I just started having RLS about about 7 months ago.  
And I thank God I found this product. I highly recommend

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI5%2BxKa2agb6y9IV1u385gR%2BCuV3JI9Fdz%2FmLZ8ffuAdAAAAAGgtOaIAAAAB&reviewId=R1AUVW20BB8Z0V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jg](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best relief I’ve found](https://www.amazon.com/gp/customer-reviews/R2F624YET4SLHG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When used consistently I rarely have an issue with RLS. I’ve tried other pills, and creams but this by far is what has worked for me!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJ12ZTmT33tZqdJfyvC8tsqzGW9KTdez9BzS0YdFBe7hAAAAAGgtOaoAAAAB&reviewId=R2F624YET4SLHG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angelia Lampton](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This is amazing!!](https://www.amazon.com/gp/customer-reviews/R1CFVAJCXTR38A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 16, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS severely. I have had a lot of sleepless nights. I highly recommend this!! It works wonders!!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFme%2BQYTyURBnEzSpnp8nhmhejyEy3F1b%2FBh7t35MjJwAAAAAGgtOaoAAAAB&reviewId=R1CFVAJCXTR38A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ERIC SWAN](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* helps my rls](https://www.amazon.com/gp/customer-reviews/R1S5KGTC7YJPN8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 31, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

i liked it helped with my RLS at night

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNsrnX%2Bze4hdYvHdr5lh7X5WWLfzP%2B0KnwNEpviKL9ciAAAAAGgtOaoAAAAB&reviewId=R1S5KGTC7YJPN8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SHL](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Working!](https://www.amazon.com/gp/customer-reviews/R2IZU80JQIW36H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 25, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has been helping a lot for my RLS with the Gabapentin I was already taking - adding this has helped a lot.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHC4OZXKLMGSEPID6L3D2N2BEXIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHC4OZXKLMGSEPID6L3D2N2BEXIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MSR](https://www.amazon.com/gp/profile/amzn1.account.AHC4OZXKLMGSEPID6L3D2N2BEXIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* love the ease of use!!](https://www.amazon.com/gp/customer-reviews/R1GEW69P4X2ADW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on March 20, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently purchased the FIT KING Leg Massager, and it has been an absolute game-changer! The combination of three modes and three intensity levels allows me to customize the massage to my needs, whether I want a gentle relaxation session or a deep tissue massage.  
The heat function is a fantastic addition, providing soothing warmth that helps with circulation and muscle relaxation. It has made a noticeable difference in relieving my leg pain, fatigue, and swelling, especially after long days on my feet.  
I also love how easy it is to use—the adjustable wraps fit comfortably, and the controls are straightforward. Whether you're dealing with RLS, edema, or just need some relaxation, this massager does the job perfectly.  
  
I highly recommend this as a gift for parents, friends, or anyone who could use a little extra comfort. Definitely one of the best purchases I've made!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIQT37Qh8lMlh%2BtJSM8KwaB6jWkrqZyATasj1%2BSOh7LvAAAAAGgtNZ0AAAAB&reviewId=R1GEW69P4X2ADW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQWDSOEY72Z4JS7V5XLZ22LTNOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQWDSOEY72Z4JS7V5XLZ22LTNOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bethany Amarone](https://www.amazon.com/gp/profile/amzn1.account.AHQWDSOEY72Z4JS7V5XLZ22LTNOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helpful for RLS](https://www.amazon.com/gp/customer-reviews/R22WH9SZS1NX2H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on September 29, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got these to help with my restless legs and feet. I’m currently 5 months pregnant and these have helped me sleep finally. It’s weird to use the first time just getting used to the pressure but I have been using the medium pressure setting with low heat and that seems to be the best combo. I have big calves and these fit just fine.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOXEG40qgXyQb4OMHZkHdFVfZlML%2B42VaaEF29wnh8RCAAAAAGgtNZ0AAAAB&reviewId=R22WH9SZS1NX2H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGIC2DJDN65C76HJZWW66NSTEXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGIC2DJDN65C76HJZWW66NSTEXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AGIC2DJDN65C76HJZWW66NSTEXEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great](https://www.amazon.com/gp/customer-reviews/R1W7BGIWC0VED7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on December 14, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had rls for years and using this has given me my first undisturbed sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOPuA1AHX4%2BQ5GbjQ%2F11gfp1CowQ8PcY7m1DYbZO%2FuZ1AAAAAGgtNZ0AAAAB&reviewId=R1W7BGIWC0VED7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOMKD4YVHCWFOCGE3B63ARGQRUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOMKD4YVHCWFOCGE3B63ARGQRUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Terri](https://www.amazon.com/gp/profile/amzn1.account.AFOMKD4YVHCWFOCGE3B63ARGQRUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic](https://www.amazon.com/gp/customer-reviews/R2H26UDEIOJKUT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on October 29, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was skeptical buying these leg massagers. I have RLS and it drives my husband crazy when we are in bed. I ordered these out of desperation knowing that I could return them if I wasn’t satisfied. WELL - I am a believer now…I love them!!! From the first night I felt a huge difference. I’ve actually fallen asleep with them on several times. They automatically turn off in 20 minutes. Buy these. You will not be disappointed.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOCIooBZYiXtJoKYRT%2Ba7JcTenlIyeF6ZDuXRisWwf7nAAAAAGgtNZ0AAAAB&reviewId=R2H26UDEIOJKUT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGCWE6STL35ZYI3UD67YHXCQPUQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGCWE6STL35ZYI3UD67YHXCQPUQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jessica Chappell](https://www.amazon.com/gp/profile/amzn1.account.AGCWE6STL35ZYI3UD67YHXCQPUQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Absolutely](https://www.amazon.com/gp/customer-reviews/RA1S5QXCWB6SW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on August 7, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and it’s bad. I take meds nightly but on days where I walk a lot they still cramp up. My husband found this and sent it to me and I was skeptical but bought it anyway. WOW the 3 different settings are great. The heat I would use on low the first couple of times u til you get used to it. Might be one of the best things I’ve ever bought online! Also has a long cord to plug into the wall so I can sit on my couch comfortably and use it.

[](javascript:void(0))

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMnAH6FKv6dsCV1DDzovv8rebO2XJR6F5GqUwhhqPkibAAAAAGgtNZ0AAAAB&reviewId=RA1S5QXCWB6SW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOAFTQN5U3MX7V7OQPBPWTOIHYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOAFTQN5U3MX7V7OQPBPWTOIHYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lockman](https://www.amazon.com/gp/profile/amzn1.account.AEOAFTQN5U3MX7V7OQPBPWTOIHYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/RMYM71NKNAI1Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on May 25, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Now, understand that I can't speak to RLS, don't have it, but what I do have is circulation issues in my legs, and this product is awesome! While I was in the hospital they used a product that wasn't near as good a quality as this one. I only had it a few days, so we'll see how it lasts, but as of now I am very pleased with this product.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOXbemQ8Z4fOd4kJEWlQF%2FMDmfzkcEgVloUcYvaplk7PAAAAAGgtNZ0AAAAB&reviewId=RMYM71NKNAI1Z)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4SO63Y5FJJ6UFDL4QZLOVZNWMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4SO63Y5FJJ6UFDL4QZLOVZNWMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nancy](https://www.amazon.com/gp/profile/amzn1.account.AF4SO63Y5FJJ6UFDL4QZLOVZNWMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Exacerbated RLS](https://www.amazon.com/gp/customer-reviews/RRPSU0WTTWVN8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on June 1, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Product is very comforting to calves. Soothing and relaxing. But, it exacerbated my RLS (Restless Leg Syndrome). So sad.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK%2FEyiLrz4em0LWyKl%2BdQjPpKWtkvXf3Mg3w2E4AWxZRAAAAAGgtNZ0AAAAB&reviewId=RRPSU0WTTWVN8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7L324HIZJCZ26PXKJVNMVOQTUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7L324HIZJCZ26PXKJVNMVOQTUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[TLB](https://www.amazon.com/gp/profile/amzn1.account.AH7L324HIZJCZ26PXKJVNMVOQTUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Was great while it worked…](https://www.amazon.com/gp/customer-reviews/R21BNU3BO835MX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on October 18, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this to help out with my RLS. It really did the job until recently, when one of the heaters went out on the left leg. Sadly, it’s just after the return grace period, so I guess I’m stuck with it.  
If not for that, I would highly recommend this product. Maybe next time I will try a different brand.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCC%2FFkVw1fXxCMUYYSEByb32v02UCXmCwunRMbOGAHZ7AAAAAGgtNZ0AAAAB&reviewId=R21BNU3BO835MX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGFGJKUK7ONT5ONEDIEPA2IH3FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGFGJKUK7ONT5ONEDIEPA2IH3FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[yuliya](https://www.amazon.com/gp/profile/amzn1.account.AHGFGJKUK7ONT5ONEDIEPA2IH3FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worth the money](https://www.amazon.com/gp/customer-reviews/RN18UG2Y2BUDQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on April 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Got it for my boyfriend as a Christmas gift and he uses it every day for RLS symptoms. Loves it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNoz2QHrsE5yXfGTWVJMsFyqzMbMzYlA9Em9vlukE87MAAAAAGgtNZ0AAAAB&reviewId=RN18UG2Y2BUDQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGORKWNXN576QZ7MG3VPBKOZM5IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGORKWNXN576QZ7MG3VPBKOZM5IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angela M. Mitchell](https://www.amazon.com/gp/profile/amzn1.account.AGORKWNXN576QZ7MG3VPBKOZM5IA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn’t work as described for RLS](https://www.amazon.com/gp/customer-reviews/R29PA5FQTV1VVF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on May 14, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This didn’t work at all for restless leg as stated in description. Tried it 2 different nights. There is also no return policy on this so please be advised you could be wasting money as I just did.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHE7PIV44TIGLJYWZ3WG6Z4TD6QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHE7PIV44TIGLJYWZ3WG6Z4TD6QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mark A. Stone](https://www.amazon.com/gp/profile/amzn1.account.AHE7PIV44TIGLJYWZ3WG6Z4TD6QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not for Restless legs!](https://www.amazon.com/gp/customer-reviews/R2UQMZSEDK5JLV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on July 21, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I'm very disappointed as I thought this was a answer to my restless leg syndrome. I waited to to write a review just hoping it would finally help me. I'm confused as to why so many people wrote in their reviews that it helped them with RLS and said it is so wonderful. I can tolerate the highest level of massage and still no relief! Don't turn the heat on though it will burn.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDfgPKFYj%2FYbZQlzs0XfuhLnBbu4s23H8c2vWpAPbzPPAAAAAGgtOd0AAAAB&reviewId=R2UQMZSEDK5JLV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4TVYQZD5A57QW2B7SI67FQBONA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4TVYQZD5A57QW2B7SI67FQBONA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jenae](https://www.amazon.com/gp/profile/amzn1.account.AF4TVYQZD5A57QW2B7SI67FQBONA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Perfect before bed!](https://www.amazon.com/gp/customer-reviews/R1AQS97TM7GZ7M/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07S83R8QY)

Reviewed in the United States on January 11, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Good pressure for RLS in your lower legs. I read the reviews about heat, put it on min overtop my sweatpants and it's great. Very happy with this! And it shipped in like 2 days!

[](javascript:void(0))

[[](https://www.amazon.com/gp/profile/amzn1.account.AHBADFNATZQV42GRD46PXVHPENTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHBADFNATZQV42GRD46PXVHPENTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cynthia W.](https://www.amazon.com/gp/profile/amzn1.account.AHBADFNATZQV42GRD46PXVHPENTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Nice Product](https://www.amazon.com/gp/customer-reviews/R3C9NFZ9UCT0PG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on March 25, 2025

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently purchased the QUINEAR 3-in-1 Leg Massager, and I couldn't be more pleased with its performance. As someone who suffers from swollen legs and occasional RLS discomfort, this massager has been a game-changer. The combination of heat, compression therapy, and targeted massage for the foot, calf, and thigh areas provides a deeply relaxing and therapeutic experience.  
  
The design is comfortable and easy to use. The adjustable straps ensure a snug fit, and the settings are simple to navigate, allowing me to personalize the intensity and heat level to suit my needs. The compression therapy has noticeably reduced the swelling in my legs, and I feel a significant improvement in blood circulation after each session.  
  
What I really appreciate is how versatile it is. It provides relief not only for my feet and calves but also for my thighs, which is a feature I haven’t found in other massagers. Whether you're dealing with edema, pain from RLS, or just need a way to unwind after a long day, this leg massager offers incredible value. Plus, it’s FSA and HSA eligible, making it a smart and health-conscious investment. Highly recommend it!

[](javascript:void(0))

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHZuwVVplkjnKXFnwzC0wyn2dDVzoDG0OSu2kklgS3foAAAAAGgtNXsAAAAB&reviewId=R3C9NFZ9UCT0PG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFZKEM4SAWPV7XGLQD745TBNOY5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFZKEM4SAWPV7XGLQD745TBNOY5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jerry](https://www.amazon.com/gp/profile/amzn1.account.AFZKEM4SAWPV7XGLQD745TBNOY5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A Game Changer for Leg Pain Relief!](https://www.amazon.com/gp/customer-reviews/R2EZ8W1HVNE9HA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on December 21, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought it for my mom since she suffered swelling and pain on her legs.  
  
My mom absolutely love this Leg Massager! As someone who struggles with leg swelling, edema, and occasional Restless Leg Syndrome (RLS), this massager has been a complete game changer. The 3-in-1 design is perfect, allowing her to target her feet, calves, and thighs all at once for a comprehensive massage experience. The heat and compression therapy feel incredibly soothing, and my mom told me it is a significant reduction in swelling and discomfort since she started using it in last two weeks.  
  
The customizable settings are easy to adjust, and I appreciate how the intensity of the compression can be tailored. After using it for just a few sessions, my mom told me her legs feel lighter, and her circulation has noticeably improved. It’s also super convenient to use while relaxing at home, whether on the couch or in bed.  
  
I also love that this product is FSA and HSA eligible, making it even more accessible. If you suffer from leg pain, swelling, or discomfort, we highly recommend this Leg Massager. It's like having a professional massage right in your own home!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK6wdfAsYVVrMy3jluETpnMNVgWQgVkV252ol%2FCMADLCAAAAAGgtNXsAAAAB&reviewId=R2EZ8W1HVNE9HA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEBMMKUCUQ3XNWK7SC4WMCKVFSTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEBMMKUCUQ3XNWK7SC4WMCKVFSTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[iksith patel](https://www.amazon.com/gp/profile/amzn1.account.AEBMMKUCUQ3XNWK7SC4WMCKVFSTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Exceptional Relief with the QUINEAR Leg Massager!](https://www.amazon.com/gp/customer-reviews/RYSSAI8MET2VF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on December 1, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently purchased the QUINEAR Leg Massager, and it has been an absolute game-changer for my leg health and overall well-being. This 3-in-1 massager provides comprehensive therapy for the foot, calf, and thigh, offering both heat and compression therapy that works wonders.  
  
Key Features:  
Versatility: The combination of foot, calf, and thigh massage makes it incredibly versatile, addressing multiple problem areas simultaneously.  
  
Heat Therapy: The soothing heat function is perfect for relaxing muscles and easing tension.  
  
Compression Therapy: The adjustable compression levels help improve circulation and provide relief for swollen legs, edema, and restless leg syndrome (RLS).  
  
User-Friendly: The massager is easy to use, with straightforward controls that allow for a customized massage experience.  
  
Eligibility: FSA and HSA eligibility make it an excellent investment for long-term health benefits.  
  
Since using the QUINEAR Leg Massager, I've noticed significant relief from pain and swelling in my legs. The adjustable settings allow for a tailored massage experience, and the heat function adds an extra layer of comfort. Whether I'm dealing with the discomfort of swollen legs after a long day or just looking to relax and unwind, this massager delivers every time.  
  
I highly recommend the QUINEAR Leg Massager to anyone seeking effective relief from leg pain and discomfort. It's a fantastic addition to my wellness routine and worth every penny!

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAgujp2eKhK17KLYVzUPN5tpasyTP5T1g61oWI3lLbxZAAAAAGgtNXsAAAAB&reviewId=RYSSAI8MET2VF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7UB3TELZCWZA3F6ZKO262PGNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7UB3TELZCWZA3F6ZKO262PGNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amateur Hour Gardening](https://www.amazon.com/gp/profile/amzn1.account.AE7UB3TELZCWZA3F6ZKO262PGNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pros & cons (it’s a good one)](https://www.amazon.com/gp/customer-reviews/R4F1ODLYWRZ4H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on March 16, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Edit 2: the seller helped me troubleshoot. I wasn’t seating the hoses in tight enough. Once I got that fixed, the unit went back to working great like it was before. Also I have another one and I’m finding that I really prefer the zippers on this unit as opposed to full leg Velcro styles.  
  
Edit: I think the hoses stopped working after about six weeks. Changing the rating to one star because it doesn't work if the hoses are leaking air. Hoping the seller can help me fix the problem.  
  
Original review:  
I’ve purchased a couple different leg massagers looking for a good post-workout whole-leg unit. Here’s what I think about this one.  
  
Pros:  
- The QUINEAR Leg Massager offers a 3-in-1 solution for foot, calf, and thigh massage, making it versatile for targeting different areas of the legs.  
- The inclusion of heat and compression therapy enhances the massage experience, providing soothing relief for swollen legs, edema, and RLS pain.  
- The leg massage boots are designed for comfort and adjustability, with adjustable straps to ensure a snug fit for users of all sizes.  
- It's FSA and HSA eligible, making it a smart investment for those looking to use their healthcare savings accounts for wellness products.  
  
Cons:  
- Some users may find the compression intensity to be too strong, especially if they have sensitive legs or low pain tolerance.  
- The heat function may take some time to warm up, and some users may prefer a more immediate heat sensation.  
  
Overall, the QUINEAR Leg Massager is a versatile and effective solution for leg pain relief and relaxation. With its combination of heat, compression therapy, and adjustable design, it's a great choice for anyone seeking relief from leg discomfort.

30 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPSFLBUiYIrN2Od%2B01jhZUK8KTVpikh02GmvzDuyehxGAAAAAGgtNXsAAAAB&reviewId=R4F1ODLYWRZ4H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFK7RGO2XHKDO6DREOQ3EXNAJCYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFK7RGO2XHKDO6DREOQ3EXNAJCYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Manning](https://www.amazon.com/gp/profile/amzn1.account.AFK7RGO2XHKDO6DREOQ3EXNAJCYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worth the money](https://www.amazon.com/gp/customer-reviews/R1POKY1JJRE8V0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on August 22, 2023

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this product. It has genuinely transformed the way I address leg discomfort and fatigue. As someone who often deals with swollen legs and occasional bouts of restless leg syndrome, finding a solution that resonated with my needs was paramount.  
  
Upon incorporating this massage tool into my routine, I was pleasantly surprised by its multifunctional capabilities. The fact that it offers targeted relief for my feet, calves, and thighs was a game-changer. The sensation of compression, coupled with the comforting warmth, created an oasis of relaxation after long days of activity. The device's ability to mitigate the discomfort associated with swollen legs and edema was particularly striking. The compression feature aided in improving blood circulation, which went a long way in reducing the persistent swelling I often experienced.  
  
One aspect that truly resonated with me was how the massager helped alleviate the restlessness that comes with RLS. The focused stimulation seemed to ease the restive sensations that used to keep me up at night, granting me more peaceful and restorative sleep.  
  
Moreover, the fact that the QUINEAR Leg Massager is FSA and HSA eligible that allow me to buy this with my HSA account, saved money from taxes, which is another reason I love this.  
  
From user point of view, this is a easy to use, you don’t even need the instruction manual. Easy to store, it came with a bag that can hold everything. Would definitely recommend it.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC8uGm3k1FKkhXIsVX094VejMpHrO1FeqBgpyHRsGF7xAAAAAGgtNXsAAAAB&reviewId=R1POKY1JJRE8V0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGEWFLSI26L6WT5GIL7GEM6YSFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGEWFLSI26L6WT5GIL7GEM6YSFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[B.sub](https://www.amazon.com/gp/profile/amzn1.account.AHGEWFLSI26L6WT5GIL7GEM6YSFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Comfort and Fit](https://www.amazon.com/gp/customer-reviews/R1PMJJDUM4VA2O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on November 13, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The QUINEAR Leg Massager is an impressive tool for anyone seeking relief from leg pain, swelling, and circulation issues. This 3-in-1 massager is thoughtfully designed to target the feet, calves, and thighs, providing comprehensive relief for those dealing with edema, restless leg syndrome (RLS), or general leg fatigue. Also the Setup is real quick . High recommend this all in one masager

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Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMPIuOOUj%2BddIs9Tn8%2FMHxQiDQkAbZau7pFoE7SfdGUXAAAAAGgtNXsAAAAB&reviewId=R1PMJJDUM4VA2O)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEZQHJCS6TYXTAELXTCUEHFGY2CQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEZQHJCS6TYXTAELXTCUEHFGY2CQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Eva Fraley](https://www.amazon.com/gp/profile/amzn1.account.AEZQHJCS6TYXTAELXTCUEHFGY2CQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Easy to use](https://www.amazon.com/gp/customer-reviews/R3DTSB14NLZFXY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on November 14, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently purchased this Leg Massager, Its offers a combination of foot, calf and thigh massage with compression therapy. it's an effective, convenient, and comfortable option for relieve swollen legs, reduce edema, or soothe RLS pain. The combination of foot, calf, and thigh massage with compression therapy is fantastic for improving circulation, relaxing muscles, and providing much relief after a long day or intense physical activity.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCFRbb67kxFTCG%2BLt2ra3%2B8sg5iPT7DWSsT%2FtZe8vzB%2FAAAAAGgtNXsAAAAB&reviewId=R3DTSB14NLZFXY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFACXDKIC6KORIK6EBYCOCKSHX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFACXDKIC6KORIK6EBYCOCKSHX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vic](https://www.amazon.com/gp/profile/amzn1.account.AFACXDKIC6KORIK6EBYCOCKSHX3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great Product](https://www.amazon.com/gp/customer-reviews/R2JT2HTJY8N5MD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on May 30, 2023

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS and this item has been of some relief. I admit not totally, but is does work great. Definately recommend.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJmTpXogkOXT%2F6ACniZG%2FIlnkWrPFpf9vn%2FHrugwAJIQAAAAAGgtNXsAAAAB&reviewId=R2JT2HTJY8N5MD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGS6243EWFA5ULIOUOHBBSTJP3DA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGS6243EWFA5ULIOUOHBBSTJP3DA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tina Day](https://www.amazon.com/gp/profile/amzn1.account.AGS6243EWFA5ULIOUOHBBSTJP3DA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love!!](https://www.amazon.com/gp/customer-reviews/RXSS7900IDEQQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on January 5, 2023

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this!! I have RLS at night time mostly and this really helps ease my legs before bedtime to fall asleep comfortably!!  
\*\*I just hope it's safe to use while pregnant...😬

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Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCgN4ebhrtZv%2BJ8sdkOikJ6TjQhIUPfOnNkw5oq9lCR3AAAAAGgtNXsAAAAB&reviewId=RXSS7900IDEQQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AENOMW2OQUMNWKQAUUI5WNEKNHDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AENOMW2OQUMNWKQAUUI5WNEKNHDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[BUXTON ASHA Aidur](https://www.amazon.com/gp/profile/amzn1.account.AENOMW2OQUMNWKQAUUI5WNEKNHDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* No heat produced at any level during operation despite several attempts](https://www.amazon.com/gp/customer-reviews/RPR6YPBPAWNXD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on September 7, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Product is sold as Massager with HEAT, THERE WAS NO HEAT PRODUCED AT ANYTIME DURING ITS OPERATION,  
I HAVE EDENA, RLS, NEVRE DAMAGE IN BOTH MY FEET ,SOULS AND ENTIRE LEGS,  
I WAS SO LOOKING FORWARD TO USING IT FOR MY PAIN MANAGEMENT AND LEG CONDITIONS. I LIVE IN HONG KONG, RETURN POSTAL COST WAS TWICE THE COST OF PRODUCT  
MS XELLE AND MS LITHA, HELPED TREMENDOUSLY WITH ARRANGEMENTS TO RETURN THANK YOU

[[](https://www.amazon.com/gp/profile/amzn1.account.AHV42S532XYCW7TKXJLCUQZL2ZOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHV42S532XYCW7TKXJLCUQZL2ZOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[susan dockery](https://www.amazon.com/gp/profile/amzn1.account.AHV42S532XYCW7TKXJLCUQZL2ZOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Quinearr](https://www.amazon.com/gp/customer-reviews/R1BNY6KU2EINCX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on October 15, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

The QUINEAR Leg Massager is a game-changer! The 3-in-1 design targets my feet, calves, and thighs, providing amazing relief from swelling and leg pain. The compression therapy feels great, and the adjustable timer makes it super convenient. It’s perfect for helping with conditions like edema and RLS. The massage boots are comfortable and easy to use. Highly recommend for anyone needing effective leg pain relief

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOgPDSIVQqdK2YiwZBBSSvoFl0KXNKllkCwIGxKTdXD%2BAAAAAGgtOe8AAAAB&reviewId=R1BNY6KU2EINCX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2UQ5PW25MU5OBWJ2EXFZ3GNHTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2UQ5PW25MU5OBWJ2EXFZ3GNHTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nadir Boles](https://www.amazon.com/gp/profile/amzn1.account.AF2UQ5PW25MU5OBWJ2EXFZ3GNHTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love this leg massager!](https://www.amazon.com/gp/customer-reviews/R3RJOOIWQBBTFD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on March 20, 2025

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I absolutely love the QUINEAR Leg Massager! It has been a game-changer for me in managing swollen legs and RLS pain. The 3-in-1 foot, calf, and thigh massager is incredibly effective, providing soothing heat and compression therapy that relieves discomfort and improves circulation. I’ve noticed a significant reduction in swelling and pain after just a few sessions. The design is comfortable and easy to use, and I love that it’s eligible for FSA/HSA, making it an affordable wellness investment. Whether you suffer from edema, RLS, or just want to unwind after a long day, this massager delivers exceptional results. Highly recommend it to anyone in need of pain relief and relaxation for their legs!

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Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAL3F37HRtfz%2Fil6hAn36mCpS7NlvE4WmZnMDR4hr5SeAAAAAGgtOe8AAAAB&reviewId=R3RJOOIWQBBTFD)

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[Sheryl Jecklin](https://www.amazon.com/gp/profile/amzn1.account.AGJVISYSB46HDFZQOVEKWLKHTTOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Comfort and Relief](https://www.amazon.com/gp/customer-reviews/R256A1AJC52SCA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on November 19, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This leg massager offers soothing compression therapy for your feet, calves, and thighs. It’s great for reducing swelling, easing edema, and relieving RLS discomfort. The adjustable settings and built-in timer make it user-friendly, while the leg massage boots provide a snug and comfortable fit. Perfect for anyone seeking relaxation and effective pain relief at home!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGF3QsH6oX58Ii1Q1rbVn4UmzWx3og85Xj%2Bgj7JmO%2Fa9AAAAAGgtOe8AAAAB&reviewId=R256A1AJC52SCA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3ZXQEDVANAI63Y5KCTCGAD5DMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3ZXQEDVANAI63Y5KCTCGAD5DMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[cnut](https://www.amazon.com/gp/profile/amzn1.account.AE3ZXQEDVANAI63Y5KCTCGAD5DMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* promises of relief and comfort](https://www.amazon.com/gp/customer-reviews/R36Z3OZG40M0R9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on September 23, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The massager is user-friendly with intuitive controls. It’s easy to adjust the settings to suit your preferences, and the design is straightforward enough that you can start using it right out of the box. The ergonomic design ensures comfort during use, and it fits well around the legs. The compression feature is a standout. It uses adjustable pressure to help reduce swelling and improve blood circulation. The different intensity levels cater to varying needs, from gentle relaxation to more robust therapeutic pressure.  
  
This massager offers comprehensive coverage with its foot, calf, and thigh sections. It’s designed to target multiple areas simultaneously, which is perfect for addressing issues like swollen legs, edema, and Restless Leg Syndrome (RLS). The versatility of treating all three areas at once saves time and provides more effective relief.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFs0DAXYfz77v5nIQRBcnJC8Voqu924iIYoDWg31%2B%2FCnAAAAAGgtOe8AAAAB&reviewId=R36Z3OZG40M0R9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEIQX5XRKBJ5ZL2YBVDLGFPQD34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEIQX5XRKBJ5ZL2YBVDLGFPQD34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Matt B](https://www.amazon.com/gp/profile/amzn1.account.AEIQX5XRKBJ5ZL2YBVDLGFPQD34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Step into the world of ultimate relaxation with this 3-in-1 messager!](https://www.amazon.com/gp/customer-reviews/R3FEASR33OXH8C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on April 12, 2023

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Hey there, relaxation seekers I recently got this QUINEAR Leg Massager, and let me tell you, it's been an absolute game changer for my tired legs and feet. 🦵🌟 This amazing massager is a 3-in-1 foot, calf, and thigh massager that offers heat and compression therapy to soothe your aching muscles and alleviate discomfort. It's been a lifesaver for me, especially after those long, tiring days on my feet. 😌🔥  
  
One of the things I love about this leg massager is that it's HSA/FSA approved, which means it's a legit and effective way to improve your well-being. 🙌💯 It's not just a luxury item; it's a real investment in your health and comfort, and that's something I can definitely get behind.  
  
Using the QUINEAR Leg Massager is a breeze. It has a user-friendly control panel that allows you to customize your massage experience with various intensity levels and massage modes. 🎛️✨ Whether you prefer a gentle, soothing massage or an intense, deep-tissue experience, this massager has got you covered  
  
Another feature that sets this massager apart is its adjustable wraps. They're designed to fit most leg sizes comfortably, ensuring that everyone can enjoy the relaxing benefits of this fantastic device. 🌐🤗 It's perfect for sharing with friends and family or keeping on hand for when those sweet moments of relaxation call your name.  
  
Not only does this massager help with sore, tired muscles, but it's also great for people dealing with swollen legs, edema, and RLS pain relief. 💆‍♀️🩹 The combination of heat and compression therapy works wonders for improving circulation and reducing inflammation.  
  
In conclusion, if you're looking for a top-notch leg massager that'll help you unwind, alleviate discomfort, and improve your overall well-being, I can't recommend this QUINEAR gem enough 🥰👍 With its versatility, ease of use, and proven benefits, it's a must-have for anyone seeking ultimate relaxation. So go ahead and treat yourself to this fantastic massager - your legs will thank you 🌈💖

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFbCYURCV%2FG3eFnmHSPmK5gODQPadBpx3lZjj1AtzNiCAAAAAGgtOe8AAAAB&reviewId=R3FEASR33OXH8C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGIV5PGN42AYAKCXE5T4YASRCM7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGIV5PGN42AYAKCXE5T4YASRCM7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Emilo](https://www.amazon.com/gp/profile/amzn1.account.AGIV5PGN42AYAKCXE5T4YASRCM7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Game changer!](https://www.amazon.com/gp/customer-reviews/R2HYT108B19UG7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on March 5, 2023

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I recently purchased the leg massager and i am blown away by its effectiveness. The 3-in-1 feature is amazing as it targets my foot, calf, and thigh all in one go. The heat and compression therapy is an added bonus that really helps soothe my sore muscles. not to mention, it's HSA/FSA approved which makes it even more convenient to purchase. I suffer from swollen legs, edema, and RLS pain and this leg massager has been a game changer for me. Highly recommend to anyone in need of pain relief and relaxation. 5 stars!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHnN2q1NI8SX5wMc%2Fw%2Bk8zMf9RRB57Yt6GTMwneYqwEaAAAAAGgtOe8AAAAB&reviewId=R2HYT108B19UG7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anna M. Morgan](https://www.amazon.com/gp/profile/amzn1.account.AHWB4NWYUFPZ2IHI2GSHSVPXZFMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best product Leg Massager👍💚](https://www.amazon.com/gp/customer-reviews/RB5FX6J9GC1XK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on November 29, 2024

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Design & Comfort: The leg massager is well-designed, with individual boots that wrap snugly around the feet, calves, and thighs. The material is soft and comfortable, yet durable, ensuring a comfortable fit even during longer sessions. It’s surprisingly lightweight, making it easy to move around and adjust as needed. The straps are adjustable, allowing for a custom fit based on your body size, and the overall construction feels solid and well-made.  
  
Performance: The massager offers a combination of air compression and heat therapy, both of which work together to provide relief for sore muscles, swelling, and poor circulation. The compression function inflates in a wave-like motion, targeting specific areas like the feet, calves, and thighs, while the heat function adds a soothing warmth that’s especially helpful for easing muscle tension. With multiple intensity settings, you can tailor the treatment to your needs, whether you want a light, relaxing massage or a more intense, therapeutic session.  
  
Effectiveness: For anyone suffering from edema or swollen legs, this massager offers noticeable relief. The air compression effectively reduces swelling, improves circulation, and helps relieve the discomfort that often comes with fluid retention. I also found it incredibly beneficial for managing the symptoms of Restless Leg Syndrome (RLS). The combination of gentle compression and heat helps to relax the legs and alleviate that restless, uncomfortable feeling. After a 20-minute session, my legs felt lighter, less swollen, and much more relaxed.  
  
Ease of Use: The massager is simple to operate, with an easy-to-navigate control panel that lets you adjust the heat, intensity, and mode. There’s also a timer feature, which is great for setting the duration of your session without having to worry about turning it off manually. The controls are user-friendly, and the massager is relatively quiet, which makes it easy to enjoy a peaceful, relaxing massage without distraction.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHuGYngcn9WiuybNkYoZpZ925H1AggBH5EeEBHk%2B2MJlAAAAAGgtOe8AAAAB&reviewId=RB5FX6J9GC1XK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHNEYFUJWTJNVQT4JVF7UW6LD4EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHNEYFUJWTJNVQT4JVF7UW6LD4EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anil](https://www.amazon.com/gp/profile/amzn1.account.AHNEYFUJWTJNVQT4JVF7UW6LD4EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Disappointed pointing and Uncomfortable – Not Worth the Money”](https://www.amazon.com/gp/customer-reviews/R14Z8ZJM333AEO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on January 16, 2025

[Style: Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B09MYS6VGS/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Total waste of money. I regret this purchase and would definitely not recommend it to anyone with RLS or edema. The QUINEAR Leg Massager did nothing for my swollen legs or pain relief. The compression is uncomfortable and doesn’t adjust well. The heat feature is weak at best, and the overall design is bulky and difficult to use. After using it a few times, I saw no benefits and actually found it quite unpleasant. I wish I could return it, but I’m stuck with this subpar product. Very disappointing.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE0DKg212R%2BF%2F334VpD3m8koVYBP84ng32ZBHdT5B1smAAAAAGgtOe8AAAAB&reviewId=R14Z8ZJM333AEO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGXUN2UIX4DVOUKCRPW2BQOXE63Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGXUN2UIX4DVOUKCRPW2BQOXE63Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Miranda](https://www.amazon.com/gp/profile/amzn1.account.AGXUN2UIX4DVOUKCRPW2BQOXE63Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love these](https://www.amazon.com/gp/customer-reviews/R14XHPIM2RWX23/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on July 1, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The quality is way better then I expected, you can adjust the thighs so it fits multiple thigh size. I have rls and these work amazing for me at night when my rls really kicks in. I have finally been able to get a peaceful night sleep without waking up because my rls is flaring up.

[](javascript:void(0))

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIGEf8HLCQziSLUHBBhG1NemP%2FDVN%2FwZs%2By2sg4YmdRdAAAAAGgtOe8AAAAB&reviewId=R14XHPIM2RWX23)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGXTD4OLZGLBHGKHZGDF4HQTSNRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGXTD4OLZGLBHGKHZGDF4HQTSNRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bill Robbins](https://www.amazon.com/gp/profile/amzn1.account.AGXTD4OLZGLBHGKHZGDF4HQTSNRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Quinear leg](https://www.amazon.com/gp/customer-reviews/R1XBVX6D5AN3BU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on October 18, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The QUINEAR Leg Massager is amazing! It offers excellent compression therapy for my feet, calves, and thighs, providing instant relief from swelling and soreness. The 3-in-1 design is super effective, and the adjustable timer makes it convenient to use. It’s been a huge help with my RLS and leg pain. Comfortable, easy to wear, and delivers great results. Highly recommend for anyone looking for leg pain relief!

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJEIKMHTBNRRYZENFINAUDFCXNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJEIKMHTBNRRYZENFINAUDFCXNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Luba Wozniak](https://www.amazon.com/gp/profile/amzn1.account.AFJEIKMHTBNRRYZENFINAUDFCXNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Versatile and effective](https://www.amazon.com/gp/customer-reviews/R3G7NT7F3RDGOA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09MYS6VGS)

Reviewed in the United States on December 6, 2024

[Style: Non-Heated](https://www.amazon.com/QUINEAR-Massager-Foot-Thigh-Compression/product-reviews/B0CY4PXZND/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The Leg Massager is a fantastic tool for individuals who need relief from leg-related conditions such as swollen legs, edema, and RLS. Its ability to treat the foot, calf, and thigh all at once, combined with compression therapy and customizable settings, makes it a versatile and effective choice. I find it particularly beneficial for improving circulation, reducing swelling, and easing muscle soreness and fatigue.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGdMA9NNHd13MSi6YvigSTLVYjlqAEDWIUX2l2Q5nIlqAAAAAGgtOf4AAAAB&reviewId=R3G7NT7F3RDGOA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHB755GK43KWCBOTVZMGHTYK2LWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHB755GK43KWCBOTVZMGHTYK2LWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Beth](https://www.amazon.com/gp/profile/amzn1.account.AHB755GK43KWCBOTVZMGHTYK2LWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didnt work](https://www.amazon.com/gp/customer-reviews/R3HJAEBOSHJBV1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 6, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

May work for others. But my rls is so severe I need to see a specialist. This cream was a good try. I can tell it's trying to work. But didn't work for me.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFCM49EmugEIbjqix6%2BKckGFBRjkmv%2Bcz%2FXCBG5oRtrdAAAAAGgtNWMAAAAB&reviewId=R3HJAEBOSHJBV1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEISBIDPUEK666AMFLKTRMRQVXVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEISBIDPUEK666AMFLKTRMRQVXVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Eric Olsen](https://www.amazon.com/gp/profile/amzn1.account.AEISBIDPUEK666AMFLKTRMRQVXVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far so good](https://www.amazon.com/gp/customer-reviews/RSN71DCZ6XMJL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 8, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am certainly not the type of person who goes for oils and secretly yet famous remedies, etc. So I was very doubtful when I read up on this. However, I was also up in the middle of the night dealing with yet another RLS episode while wondering how I was going to function at work the coming morning while in fog of lost sleep. I was desperate, so I decided to go for it.  
  
The next RLS nighttime event was not long in coming so I applied the cream as directed. Surprisingly the impulses subsided over the next several minutes. So far I have had maybe 4 additional RLS events where this has helped me to finally get to sleep.

18 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLpgi01F4VZewVN7maxOEgOZsMweWB8ZwiMMob92D4PJAAAAAGgtNWMAAAAB&reviewId=RSN71DCZ6XMJL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVXEFMDJWLR5IFCIOMV3KNOP45A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVXEFMDJWLR5IFCIOMV3KNOP45A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[susan](https://www.amazon.com/gp/profile/amzn1.account.AEVXEFMDJWLR5IFCIOMV3KNOP45A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product](https://www.amazon.com/gp/customer-reviews/R3H4BBPGFBMNHA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 16, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered for a very long time with rls and I am now on my second jar of this cream and have not had one bad night. I never thought it would work but it is amazing.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPdLClYcZ%2BYP830Q51z6bD3XqtZlGjDFtRvHxHo1vwWQAAAAAGgtNWMAAAAB&reviewId=R3H4BBPGFBMNHA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFNHY6NRO5GP56TY4YBWKJ7LPSAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFNHY6NRO5GP56TY4YBWKJ7LPSAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AFNHY6NRO5GP56TY4YBWKJ7LPSAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Restless leg syndrome](https://www.amazon.com/gp/customer-reviews/R2IJNARZWJ2Q26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 26, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for years and not much helped, until I tried this cream.  
My legs after applying cream, stopped bothering me within 10 minutes.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHV3M2qCeMX%2BCdwLDJ7JwpZVQFv79uUdEKOBP9nnog8OAAAAAGgtNWMAAAAB&reviewId=R2IJNARZWJ2Q26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFKTYXNHJR6ZAHE7LCBXDC4KNSQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFKTYXNHJR6ZAHE7LCBXDC4KNSQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[BBunny](https://www.amazon.com/gp/profile/amzn1.account.AFKTYXNHJR6ZAHE7LCBXDC4KNSQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Natural ingredients](https://www.amazon.com/gp/customer-reviews/R3C4VNTD2VQ6N9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 23, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I massage my legs with Magni-Life Relaxing Leg Cream PM before bedtime to help ease my Restless Legs Syndrome so I can sleep. Nothing works every time for RLS, but this works a lot of the time. And it's natural ingredients too!

10 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIuCf3GgysAkb7KlcR99WLQmbe%2BysorA7Vvxbqg8M1gGAAAAAGgtNWMAAAAB&reviewId=R3C4VNTD2VQ6N9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHOF2R253QBUSOX3KDEW7ZDAPNEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHOF2R253QBUSOX3KDEW7ZDAPNEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[mom to 3 girls](https://www.amazon.com/gp/profile/amzn1.account.AHOF2R253QBUSOX3KDEW7ZDAPNEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It works.](https://www.amazon.com/gp/customer-reviews/R1XFPASDO2RZV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on March 23, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve been using this for about 2 years. I have nerve damage from my neck all the way down which caused my RLS. In the winter it’s the worse. Sometimes I have to put it on more than once at night but that’s better than taking the drugs they prescribed for you with the side effects.  
I would have given it 5 stars, but it doesn’t last all night and it easily spills out of the jar. That last one is petty, but in the middle of the night it matters and you have a dog that is watching your every move.  
I also take the extra on my hands and put on the inside of my wrist. I have Carpel tunnel in both hands. Again it helps enough. :-).  
I have unusual high nerve damage due to an accident. So I’m sure it’d work great on someone who has normal RSL.

21 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDBt%2BJaQO%2FpQAYrzrcl89mV%2BTBW2m%2F%2Fo17lsHsa5yWn%2FAAAAAGgtNWMAAAAB&reviewId=R1XFPASDO2RZV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBAJXNUUNAN2S453FWG7UGSUMMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBAJXNUUNAN2S453FWG7UGSUMMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AFBAJXNUUNAN2S453FWG7UGSUMMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Help for Restless Legs!](https://www.amazon.com/gp/customer-reviews/R1D1ZYIP1NY12V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 15, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I keep this on hand at all times,because sometimes my scrip doesn't work, or work well enough for me to sleep. And sometimes, as you fellow RLS sufferers know, that creepy crawly feeling comes along in the daytime, making it difficult to sit still and concentrate when you need to do just that. This cream fills in nicely. And the fragrance is nice too. Soothing, relaxing. Just what I needed! I've purchased so many jars over the years I've lost count. As I said, I don't ever want to be without it!

12 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBY%2B8H1Oeq76ZagtB6FI9kReXz1rObvNknZAOazcU6EsAAAAAGgtNWMAAAAB&reviewId=R1D1ZYIP1NY12V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWQ2FHYKB24HJQEBEBMY652BIQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWQ2FHYKB24HJQEBEBMY652BIQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Camilla Burke](https://www.amazon.com/gp/profile/amzn1.account.AFWQ2FHYKB24HJQEBEBMY652BIQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pregnancy Restless Leg No More!](https://www.amazon.com/gp/customer-reviews/R34JT6Y5ES1H7B/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 13, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I'm a huge critic and a first time pregnant woman. I was having restless legs every night so severe my routine had become no sleep 3 nights in a row, sleep 4 hours, then 3 nights of no sleep again. I was literally at the absolute end of my rope and my angelic husband would come in every morning to my sobs due to RLS.  
  
He then looked on Amazon and found this cream. This is a "shut up and take my money" product if you have RLS during pregnancy. And I was taking all the magnesium oral supplements, prenatal vitamins of absolute top quality and THIS IS THE ONLY PRODUCT THAT WORKED. Try it! Just try it! 100% take it from someone who absolutely hates fake reviews that you can't trust at all. This is real. This cured my restless legs and I have used this and will continue to use this product for as long as I have this RLS.  
  
BUY IT!

31 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHBmRGtnTlqZk2r279MmDtSZlN5bvkpAF%2B3RWAJbGcDBAAAAAGgtNWMAAAAB&reviewId=R34JT6Y5ES1H7B)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF7EMUW72TV25MMGYRG6BQK2NRFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF7EMUW72TV25MMGYRG6BQK2NRFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[inez](https://www.amazon.com/gp/profile/amzn1.account.AF7EMUW72TV25MMGYRG6BQK2NRFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It Seems To Work For My RLS](https://www.amazon.com/gp/customer-reviews/RZWYPWBCVGL6Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 7, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve been suffering from RLS on and off for years. I’ve only used this product for a week now, and I must say it’s helped me to experience restful nights so far. The cream is soft and silky, which glides on easily and the wonderful lavender scent is very calming.  
I’d like to share my own experience and observation for all who are suffering from RLS. I’ve just recently learned that if I use melatonin to help me sleep or a pm Advil or Tylenol, my RLS keeps me up for hours. What I discovered through my research is that some of these products contain dopamine. This can trigger your RLS during the night. I hope this bit of information that I personally discovered for my nighttime problems may help someone else.

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJT1TDbliguYsSRolG6R%2FFjUTeDq4TPxfv%2FHylJtQD7rAAAAAGgtNWMAAAAB&reviewId=RZWYPWBCVGL6Q)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXBKY3CXOPJUTRUAZU7NUDGHUNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXBKY3CXOPJUTRUAZU7NUDGHUNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Patti B.](https://www.amazon.com/gp/profile/amzn1.account.AHXBKY3CXOPJUTRUAZU7NUDGHUNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Good But Not Great for Restless Leg](https://www.amazon.com/gp/customer-reviews/R2354BTQXQKN5Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 30, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It helps with my restless legs to some extent which is still good. I have been using a very expensive CBD cream (Medosi) which works great but I was shopping around for a more affordable cream. I take RL drugs every night but when I get really overtired my legs start flipping. A lot I like the very faint smell of Medosi Relief Cream but Magnilife cream has a much stronger scent that I don’t like. So Magnilife might be good for people whose RL is not as strong as mine. I’ll still use it for RL at times and other relief needed body parts.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEB4JVRW7G7FAR7CR3PG6SHEGLWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEB4JVRW7G7FAR7CR3PG6SHEGLWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tyler1224-](https://www.amazon.com/gp/profile/amzn1.account.AEB4JVRW7G7FAR7CR3PG6SHEGLWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Didn’t expect it to work](https://www.amazon.com/gp/customer-reviews/R139BX1PQJU35U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 27, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’m not very familiar with RLS, it’s new to me & my boyfriend. He’s always had issues with it & I recently started to have issues with it due to taking sleeping pills. We've started to take magnesium and that does help a bit.  
When I saw that this was rated so high and how many positive reviews it had I didn’t believe it. In my head I’m thinking ‘how the heck does a lotion help with RLS…?’ Anyways i eventually gave in and bought this. HOW this works… I still have no clue but it really does work. It smells minty and in my option it’s a little sticky. But in the end I’ll take minty & slightly sticky over trying to fall asleep, any day of the week.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJKYh7tN1r%2F%2FjZkCxNzPLDaqbTuQlwM6QYRiV6c%2Br%2FvLAAAAAGgtOhMAAAAB&reviewId=R139BX1PQJU35U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH2RAUCFDSICC3SABJ3FTD7FJSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH2RAUCFDSICC3SABJ3FTD7FJSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ronald J. Benson](https://www.amazon.com/gp/profile/amzn1.account.AH2RAUCFDSICC3SABJ3FTD7FJSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works For Hours](https://www.amazon.com/gp/customer-reviews/R204IEHRA3H9OK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on July 2, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For me, this cream works great, especially fort the first for hours or so. No RLS in weeks! Sometimes in the middle of the night I still have problems, but I'm too tired to get out of bed to reapply. I'll be purchasing again.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMVzGgMqQX4XuCmcAI%2B9VyoPy8PEXjKdZzyXiqn9IyaTAAAAAGgtOhMAAAAB&reviewId=R204IEHRA3H9OK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJPJ3MAPCVM4QFDC2CFCYFUOSNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJPJ3MAPCVM4QFDC2CFCYFUOSNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Karen M. Daly](https://www.amazon.com/gp/profile/amzn1.account.AFJPJ3MAPCVM4QFDC2CFCYFUOSNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works inconsistently for me](https://www.amazon.com/gp/customer-reviews/RSGK6TVS52Q6H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 26, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Sometimes works great, and sometimes not at all for my RLS. I don’t have pain, just the tingling and jumpy feeling that I keeps me awake. I would still recommend trying this cream. I also use hylands homeopathic tablets- also works inconsistently. When it all does work,, I get a great nights sleep, so I’m hoping it will work more often than not. Wish the cream came in a larger size, as I use it up quickly.

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP7dEgMZ0DupWa6236Nol2tt4URuFWzl9ETrEudCv96cAAAAAGgtOhMAAAAB&reviewId=RSGK6TVS52Q6H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHK2GHNXLH7FVBC4VT5D2CVBXNUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHK2GHNXLH7FVBC4VT5D2CVBXNUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Favauntjoan](https://www.amazon.com/gp/profile/amzn1.account.AHK2GHNXLH7FVBC4VT5D2CVBXNUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Does a pretty good job of reducing my RLS](https://www.amazon.com/gp/customer-reviews/R2IEV4JEFWHZPE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 5, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this for my restless leg syndrome. It does a pretty good job of reducing the symptoms but doesn't get rid of them entirely. I go through it pretty quickly so I wished there was a better value for the price.

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEoRst0PYpA7wJIYoYG%2B5NBPfdP6OvG6go8Mj6ueaJtvAAAAAGgtOhMAAAAB&reviewId=R2IEV4JEFWHZPE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFHQDFSOQ7AUYJFLVPSKA3ZCIA5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFHQDFSOQ7AUYJFLVPSKA3ZCIA5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[joe](https://www.amazon.com/gp/profile/amzn1.account.AFHQDFSOQ7AUYJFLVPSKA3ZCIA5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* It did not help with my RLS](https://www.amazon.com/gp/customer-reviews/R1YE7L5I9Q2JBI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 5, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It did not help my problem with Restless Leggs Syndrome

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEYudIIchOjlmXmqUQpaLfQ5Yg8uq%2BSG6a6IMh%2FLEy1wAAAAAGgtOhMAAAAB&reviewId=R1YE7L5I9Q2JBI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDKEHSEX2Y3XNQU3ZSS6NNRSM3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDKEHSEX2Y3XNQU3ZSS6NNRSM3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[hpc](https://www.amazon.com/gp/profile/amzn1.account.AGDKEHSEX2Y3XNQU3ZSS6NNRSM3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worked better than expected](https://www.amazon.com/gp/customer-reviews/RSTYV04TGA1OA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 19, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS symptoms that keep me awake. I have found hot showers & stretching work the best but not always practical when it's 3:00 am! This leg cream worked unexpectedly well in relieving the pain and spasms I've been experiencing. I massage it into my calves before bed, do some minor leg stretches and have found some relief from the symptoms so I can get to sleep! It has a pleasant, relaxing smell, spreads on easily and don't need to use a lot. After giving it a month, I ordered a 2nd jar, and it will be on my regular shopping list :)

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOJGh7qonBozPXih%2FIux23TTvj73Rz8Vkqu4w%2FzZoTVVAAAAAGgtOhMAAAAB&reviewId=RSTYV04TGA1OA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFKCLBTC6X4FRZVPGV4UVPASYJUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFKCLBTC6X4FRZVPGV4UVPASYJUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Eric N. Frankel](https://www.amazon.com/gp/profile/amzn1.account.AFKCLBTC6X4FRZVPGV4UVPASYJUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Magic Bean](https://www.amazon.com/gp/customer-reviews/R1E5D9Z0N6COZC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 23, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife calls anything that promises the world and delivers nothing a magic bean, and she's absolutely right about this. I've had restless leg syndrome for most of my life. I've tried all the prescription medications, to no avail. When I saw the claim that MagnaLife Relaxing Leg cream was specifically for RLS I thought, "finally a little relief".  
  
Its smell was overpowering, almost as bad as Ben Gay (which also did me no good). I've tried every lidocaine product on the market, (like Aspercream), but still no relief.  
  
The label says "deep penetrating pain-relieving ointment" but all it does is stink. Another Magic Bean.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFLiJpy71HuMm5998s3SQoEDUmDdkjcARzQHqldefZn%2BAAAAAGgtOhMAAAAB&reviewId=R1E5D9Z0N6COZC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHP4YTIALSZFKGJ4IGW436S3ZPQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHP4YTIALSZFKGJ4IGW436S3ZPQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Momof1](https://www.amazon.com/gp/profile/amzn1.account.AHP4YTIALSZFKGJ4IGW436S3ZPQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Life saver!](https://www.amazon.com/gp/customer-reviews/R21WPFOVYTTPSW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 20, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS. Not every night, and I am on medication. But some nights, I can feel it starting as soon as I lay down. I get up, apply this cream to both legs from thigh to toes and have gotten enough relief to fall asleep quickly every time except once! I just ordered my second jar! It’s a little pricey for the amount, but a little goes a LONG way! And what price wouldn’t we pay at night when we’re suffering?? It’s a God send!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEhHBIrZ1e8NopFMkj2oNWzul7mIJC1epH0VW4gCqL%2B4AAAAAGgtOhMAAAAB&reviewId=R21WPFOVYTTPSW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6HJMXZ6FIMC2XGEJYZHE2AX2CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6HJMXZ6FIMC2XGEJYZHE2AX2CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Destiny Abshire](https://www.amazon.com/gp/profile/amzn1.account.AF6HJMXZ6FIMC2XGEJYZHE2AX2CA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The best for RLS](https://www.amazon.com/gp/customer-reviews/R34M6LH380TB6Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 15, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The best thing I’ve used for my restless legs. I’m 24 years old and I’ve head RLS since I was 16, this is the best alternative to medication that I’ve ever used. I’ve bought this over 7 times. I also do not take medication anymore for RLS, as I do not have to because I use this lotion along with sleep gummies.

13 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMPLaIOo3IsCtN5tNxRPESAjS%2Bu1gJn2y64%2Bads6Y1bOAAAAAGgtOhMAAAAB&reviewId=R34M6LH380TB6Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQYVRLPRFXBSTWTJNGDHMU6K5WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQYVRLPRFXBSTWTJNGDHMU6K5WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[PJ](https://www.amazon.com/gp/profile/amzn1.account.AGQYVRLPRFXBSTWTJNGDHMU6K5WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* This stuff works! It does what it says.](https://www.amazon.com/gp/customer-reviews/R39EYNOWZN4DME/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have used this product since I had my total knee replacement 2 years ago. My TKR did not heal as expected and this product gives me some comfort from my knee pain (enough to get some sleep at night) and it also calms my Restless Leg Syndrome. It doesn't say anything about this on the package but my husband pulled a muscle in his back, I thought about how this relaxes my RLS and so I tried it on him. It worked!

[[](https://www.amazon.com/gp/profile/amzn1.account.AG66J7GCOD574MEGVIIWMV6TLYMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG66J7GCOD574MEGVIIWMV6TLYMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel](https://www.amazon.com/gp/profile/amzn1.account.AG66J7GCOD574MEGVIIWMV6TLYMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Skeptical at first but IT WORKS!!!](https://www.amazon.com/gp/customer-reviews/R9V2SH1FC378U/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 24, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this for my mother who is currently going through chemo for breast cancer and has severe RLS. My mother is on the highest dose of RLS medication and wants to get off of it. I found this cream and thought to buy it and let her give it a try. She called me instantly crying telling me it worked. She said she hasn’t had a peaceful night sleep in her years and she was able to sleep with no sensation, pain or discomfort! She would highly recommend this for anyone.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKdtWRB%2BzpY2lc0HNfQHV4gzmAsyP3vnJo0CnwYIvZkSAAAAAGgtOhwAAAAB&reviewId=R9V2SH1FC378U)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[C. Sutton](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Only crème that helps RLS.](https://www.amazon.com/gp/customer-reviews/RWMQTEGTKG6UX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 4, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Gives a few hours of relief from restless leg syndrome.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJbKKAxcK62i3WmnXdSnkZmu5QGqj3dn5bLNsrlpSvZpAAAAAGgtOhwAAAAB&reviewId=RWMQTEGTKG6UX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWYYT346LXGUZMF7MGARUJK3HQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWYYT346LXGUZMF7MGARUJK3HQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DBC](https://www.amazon.com/gp/profile/amzn1.account.AEWYYT346LXGUZMF7MGARUJK3HQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/RJQXTM9KEGXDZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 27, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had Restless Leg Syndrome for about 5 years but was afraid to take any oral medication for it, not knowing the side effects I might have. After reading the reviews for MagniLife, I decided to give it a try. Since i I don't experience RLS every night, I had to use it a few weeks to be sure it was indeed working. A few minutes after applying it, I could feel the difference. I recommend it to anyone who knows the frustration and physical toll a sleepless night from RLS can take!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDqDxi2NqqAYKad%2F7CorC0puKc6faPsSc1fCHlT3h7MrAAAAAGgtOhwAAAAB&reviewId=RJQXTM9KEGXDZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHPLBFOPRZRFIWW54T4BYIECD6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHPLBFOPRZRFIWW54T4BYIECD6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kelly Z](https://www.amazon.com/gp/profile/amzn1.account.AHPLBFOPRZRFIWW54T4BYIECD6DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worked for me !](https://www.amazon.com/gp/customer-reviews/R3NN46WRA4PLJG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 10, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’m new to RLS and insomnia but I found this after seeing an ad for a really expensive brand. I read the reviews and thought what the heck! Used it last night and it was amazing so calm! I also bought some sublingual tablets I found too ! Peace and quiet!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEUV0n21kN7mq5zMhlT4X0FOiOAEZlQcyvs5wUxAAVSoAAAAAGgtOhwAAAAB&reviewId=R3NN46WRA4PLJG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEH6KLWAXOWHBIOLLZIUGE3VTGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEH6KLWAXOWHBIOLLZIUGE3VTGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CYNTHIA](https://www.amazon.com/gp/profile/amzn1.account.AEH6KLWAXOWHBIOLLZIUGE3VTGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1Q852IWURZ7QF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 26, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My doctor recommended this product for me, I really didn't feel that it was working for me.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAzgh4HgmDt%2BbVOJanKQYdzRyaADCD0V5mZNvVS7btsoAAAAAGgtOhwAAAAB&reviewId=R1Q852IWURZ7QF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4SNIK3E5XO3SBEXX36MYOUEEGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4SNIK3E5XO3SBEXX36MYOUEEGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Coach 24](https://www.amazon.com/gp/profile/amzn1.account.AE4SNIK3E5XO3SBEXX36MYOUEEGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Doesn’t work for me](https://www.amazon.com/gp/customer-reviews/R23HMQ5WNBGTDF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on July 9, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like the smell and it’s easy to apply-I just don’t think it works. I have RLS and when my legs hurt at night I apply this but get no relief.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBzBezAeRrsqHo9GdvxL6ZHwqJlD0BkSZ7f0KdaOCr1dAAAAAGgtOhwAAAAB&reviewId=R23HMQ5WNBGTDF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGFU5BEIHJC2BJKJPRNV3LE7RXKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGFU5BEIHJC2BJKJPRNV3LE7RXKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Spice](https://www.amazon.com/gp/profile/amzn1.account.AGFU5BEIHJC2BJKJPRNV3LE7RXKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works even better than I thought it would.](https://www.amazon.com/gp/customer-reviews/R3ON63CT7R2GU4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 21, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So happy I took a chance and gave this a try. I thought it might help a little with my leg and feet pain and the accompanying RLS. IT HELPS ALOT. I have been using prescription lidocaine ointment but it is greasy and I doubt it is good for my skin. This is made from natural ingredients, goes on easy, and drys quickly.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hONfdCEeQUiQNWGQSXBTnjJ2dJ53%2BPpj4MCo4SK1OuvBAAAAAGgtOhwAAAAB&reviewId=R3ON63CT7R2GU4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3NQEQYUXONMIKAIUUQA5F4JANQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3NQEQYUXONMIKAIUUQA5F4JANQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[njlady](https://www.amazon.com/gp/profile/amzn1.account.AH3NQEQYUXONMIKAIUUQA5F4JANQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't help me at all](https://www.amazon.com/gp/customer-reviews/R381FCXXXVQMYO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 17, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Got this, hoping it would help with my Restless Leg Syndrome (RLS). Didn't have any effect for me. My RLS starts in my feet & sometime I get a burning feeling. This did not help at all, whereas the Ancient Minerals liquid magnesium has some effect.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD3qNSL1UtPF%2Fqjo3091ETZaeZx306xlQqLfsJB2u3NxAAAAAGgtOhwAAAAB&reviewId=R381FCXXXVQMYO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHAHJH3KW6W54345VPEV252SDK2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHAHJH3KW6W54345VPEV252SDK2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heather](https://www.amazon.com/gp/profile/amzn1.account.AHAHJH3KW6W54345VPEV252SDK2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It worked](https://www.amazon.com/gp/customer-reviews/R22YGX8KDL286P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on March 17, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I loved this. It definitely worked, would highly recommend it to eveybody who has problems with rls.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJmSeTAug3o%2BqL7VWZr6pCcKl9Hxac5Ow%2B0Om3ocPypFAAAAAGgtOhwAAAAB&reviewId=R22YGX8KDL286P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYTPSZG3JUNIANIF5LLMLR6ENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYTPSZG3JUNIANIF5LLMLR6ENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[no1234](https://www.amazon.com/gp/profile/amzn1.account.AEYTPSZG3JUNIANIF5LLMLR6ENHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Love the product](https://www.amazon.com/gp/customer-reviews/R2NA8A8T4R3Y4F/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 4, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff works for RLS. It calms your legs down enough for you to get some sleep. The shipping was a little late, but I guess that's par for the course these days.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJQVJ6QSXIX5CDDQL2OFGU5AAUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJQVJ6QSXIX5CDDQL2OFGU5AAUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[carolyn](https://www.amazon.com/gp/profile/amzn1.account.AEJQVJ6QSXIX5CDDQL2OFGU5AAUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did not work for me](https://www.amazon.com/gp/customer-reviews/RMEASAQZXMCN7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 8, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Smells like eucalyptus, which is nice.  
  
It does NOT really rub in like lotion, it's more like a conditioner consistency almost? You can get it to where it's not dripping off your legs tho.  
  
In my experience it really didn't do anything for me. I have pretty bad RLS some nights and this made no discernible difference to me during an episode.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBMO1QpfPw4cfN1zGrU2YQWYuzxTgv%2FydgS5CJBnPy87AAAAAGgtOiMAAAAB&reviewId=RMEASAQZXMCN7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWPR7J76NXNOAZRWA2NOR272D2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWPR7J76NXNOAZRWA2NOR272D2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[David Bligh](https://www.amazon.com/gp/profile/amzn1.account.AHWPR7J76NXNOAZRWA2NOR272D2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Sometimes it works, sometimes it doesn't](https://www.amazon.com/gp/customer-reviews/R1X8LYVZ8T12I9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 17, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife has restless leg syndrome and takes a prescription med for the condition. But, sometimes that isn't enough. In the past Relaxing Leg Cream has filled in the gap, providing relief.  
  
Recently, the cream has been only 50% effective. Since the formulation has probably not changed, I suspect that my wife's condition is deteriorating. As effective as this product can be, don't neglect professional diagnosis and intervention. RLS can be a symptom of a more serious underlying condition.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNtd%2BEdXExgMcTBgPN164wd%2FSMGQz3D1QEhui%2FEAqBJ5AAAAAGgtOiMAAAAB&reviewId=R1X8LYVZ8T12I9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGCB4T3ABBFBU6OOYJQB7XRM2POA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGCB4T3ABBFBU6OOYJQB7XRM2POA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ishop](https://www.amazon.com/gp/profile/amzn1.account.AGCB4T3ABBFBU6OOYJQB7XRM2POA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works well for my RLS and other issues](https://www.amazon.com/gp/customer-reviews/RTR0GOGUD95N8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 16, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps me sleep. Almost no scent. I have insomnia, restless leg syndrome and eczema. I was afraid the cream would make eczema worse, but it helps with all of these problems, And I sleep better. Sometimes i also use Hyland’s calm forte for sleep also. Great product.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDlUFTJN21JQN2KAlRaSuPgq5wMdnMsbAdPyZlzMbbxfAAAAAGgtOiMAAAAB&reviewId=RTR0GOGUD95N8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4V3Y2KIQ5V6VQHKY7WLW7DWVCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4V3Y2KIQ5V6VQHKY7WLW7DWVCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Joy](https://www.amazon.com/gp/profile/amzn1.account.AF4V3Y2KIQ5V6VQHKY7WLW7DWVCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well!](https://www.amazon.com/gp/customer-reviews/R30ES3XR189I7W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 29, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and sometimes my medication doesn’t always calm my legs. I will use this cream and within a few minutes, my legs will calm. So helpful!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFP7P%2BLELWNSEo%2FqrDhggKm24cZVWzmzmGaUu1Xgq1jkAAAAAGgtOiMAAAAB&reviewId=R30ES3XR189I7W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZBRTFZLZJPDCBEWDYI6E7A5VMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZBRTFZLZJPDCBEWDYI6E7A5VMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cara Maple](https://www.amazon.com/gp/profile/amzn1.account.AHZBRTFZLZJPDCBEWDYI6E7A5VMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Miracle product for RLS](https://www.amazon.com/gp/customer-reviews/R3RG1HKUK1GQTZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 3, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

A miracle! I suffer from RLS and have tried numerous products and techniques suggested by doctors. This product actually works!!! My legs will cramp and move and once I figure the spots that it “starts” in, I apply some of this cream. Within minutes my muscles settle and the pain of RLS is gone. Bless whomever created this product.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOVew0oMWYPXxmnwKs1HkUP%2BJyB1oBPvwx0w%2FfoWWz%2BhAAAAAGgtOiMAAAAB&reviewId=R3RG1HKUK1GQTZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3GRAWUXPMEZS3DRJ737QT67MXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3GRAWUXPMEZS3DRJ737QT67MXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ArtC](https://www.amazon.com/gp/profile/amzn1.account.AF3GRAWUXPMEZS3DRJ737QT67MXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Seems to help my wife sleep](https://www.amazon.com/gp/customer-reviews/R1WAWFI2NXJTEE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 8, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife has used it about four times now. She suffers from RLS and insomnia. It seems to help her sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM7npY%2FjdvaqHEMLX0yQ3J6ezFILOuLKCnjzT6khAPEvAAAAAGgtOiMAAAAB&reviewId=R1WAWFI2NXJTEE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNBSZ4PQNLEIUUAEE74QBSHHJEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNBSZ4PQNLEIUUAEE74QBSHHJEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sara](https://www.amazon.com/gp/profile/amzn1.account.AGNBSZ4PQNLEIUUAEE74QBSHHJEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* False advertising](https://www.amazon.com/gp/customer-reviews/RD9DPCU9XHPNK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on March 7, 2025

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Completely ineffective. No change in RLS after application. Extreme waste of money.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBWTY2y8l86YnpL%2Fd1lOQSUyFc5KXlRioetgEGUotDkBAAAAAGgtOiMAAAAB&reviewId=RD9DPCU9XHPNK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWZGEPW6EANEQXFYNDE7ZPFEODA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWZGEPW6EANEQXFYNDE7ZPFEODA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Pamela T. Gibson](https://www.amazon.com/gp/profile/amzn1.account.AGWZGEPW6EANEQXFYNDE7ZPFEODA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps with RLS](https://www.amazon.com/gp/customer-reviews/R3LUM6QJWSL6X2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 17, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Repeat customer. It really does provide some relief for restless legs as I try to delay starting on prescription remedies. Doesn't really have an odor ... cool on application and absorbs quickly.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNvL5C8xcCnxDV8kB2TJuw0IclYvVJDgKag9AzBl5I%2BJAAAAAGgtOiMAAAAB&reviewId=R3LUM6QJWSL6X2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHOEQLUU3PDN67PXQOMP6ZLMLSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHOEQLUU3PDN67PXQOMP6ZLMLSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Catherine Seay](https://www.amazon.com/gp/profile/amzn1.account.AHOEQLUU3PDN67PXQOMP6ZLMLSLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Hey](https://www.amazon.com/gp/customer-reviews/R19SP8TVMOKKYK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 10, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

As someone who suffers from rls, I swear by this stuff. Works great.....for me.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPcFuhxW%2BpvAsLv8X2UcdojhIe1Q9Cl9VED5T6C0nNrlAAAAAGgtOiMAAAAB&reviewId=R19SP8TVMOKKYK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGZLWK7SIPG4VL5V4R2Q4R2QW7HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGZLWK7SIPG4VL5V4R2Q4R2QW7HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Frannie](https://www.amazon.com/gp/profile/amzn1.account.AGZLWK7SIPG4VL5V4R2Q4R2QW7HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* If anything works](https://www.amazon.com/gp/customer-reviews/R2JJRCH5TA4C05/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 18, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don’t think anything can help RLS, I’ve tried so many different options. Sometimes they work , but not every night, sometimes not at all.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXLGGEEVEQYFV5WZUEYBF2BBBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXLGGEEVEQYFV5WZUEYBF2BBBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Susan Wright](https://www.amazon.com/gp/profile/amzn1.account.AHXLGGEEVEQYFV5WZUEYBF2BBBSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Didn’t Work for Me](https://www.amazon.com/gp/customer-reviews/R2NJK4WCXT1X6V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 22, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered with RLS for years and take prescription medication for it. I thought this may help or even replace my medication. Followed directions every night for several weeks and nothing! It might help someone with milder symptoms but did not do anything for me.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCJ2Sz55w%2FUkWJgRjSDq3T5T0AOr4%2FAtYfwwY5Aj1XJpAAAAAGgtOisAAAAB&reviewId=R2NJK4WCXT1X6V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJLH2NUHZT3K7OCIIRXXRYEPY4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJLH2NUHZT3K7OCIIRXXRYEPY4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Florence Swanson](https://www.amazon.com/gp/profile/amzn1.account.AFJLH2NUHZT3K7OCIIRXXRYEPY4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R3G6VG9106HKZX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 27, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and it was a real help. I also have sore leg and knee and it helped for most of the night

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA6LeEyT0ytLUP6V8adPCsrk461r6NKouf7X4O%2BgYwSkAAAAAGgtOisAAAAB&reviewId=R3G6VG9106HKZX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHD5W76RQV6LDVY43Q2TAPO26UXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHD5W76RQV6LDVY43Q2TAPO26UXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[shawn hopper](https://www.amazon.com/gp/profile/amzn1.account.AHD5W76RQV6LDVY43Q2TAPO26UXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Buy this if you have RLS](https://www.amazon.com/gp/customer-reviews/R8SS6YG5BKFDC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 14, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought this for my granny. She is particular about things like this. She used it and she said it worked .. and worked well.  
I would buy this again.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEP5fV80LOSJqGw%2FK6BjwS0D78SuuSQTjR7jmcvPEDnzAAAAAGgtOisAAAAB&reviewId=R8SS6YG5BKFDC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEDMFSGN52RQCRUYPRGBHVGMJ6EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEDMFSGN52RQCRUYPRGBHVGMJ6EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Candi](https://www.amazon.com/gp/profile/amzn1.account.AEDMFSGN52RQCRUYPRGBHVGMJ6EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Really Helps](https://www.amazon.com/gp/customer-reviews/R1EST0EDR847QK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 23, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This really helps my RLS. I massage it into my calves, then put on compression socks. The combination is great!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLx2PpbkXwxKx7ZPnXtZKvR4mdeEDiZGZ8208AxVkEsEAAAAAGgtOisAAAAB&reviewId=R1EST0EDR847QK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFUDT6H4JDM27TPV6XB4O36ACUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUDT6H4JDM27TPV6XB4O36ACUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Linda](https://www.amazon.com/gp/profile/amzn1.account.AFUDT6H4JDM27TPV6XB4O36ACUYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* SAVE YOUR MONEY](https://www.amazon.com/gp/customer-reviews/R32FZFJZ7GT2BH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 10, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

THIS CREAM DID ABSOLUTELY NOTHING TO HELP WITH RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCM8XDg34J9JMou1dau7X2t3YD05K9ox0D24V4fhLPKxAAAAAGgtOisAAAAB&reviewId=R32FZFJZ7GT2BH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFEMKYFL7564JWQDVLV6RFWNWLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFEMKYFL7564JWQDVLV6RFWNWLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mary Leonard](https://www.amazon.com/gp/profile/amzn1.account.AFFEMKYFL7564JWQDVLV6RFWNWLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for restless legs!](https://www.amazon.com/gp/customer-reviews/R1QFGEDJQPUWZ7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 1, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband uses this product for RLS. He has tried so many products but he said this cream works the best. He can finally fall asleep without his legs driving him crazy!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHVXSvEm%2BACWAQPIgaLsPIzxCO12uqlpMyEAEJi97amhAAAAAGgtOisAAAAB&reviewId=R1QFGEDJQPUWZ7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYRPF3YLY2JJUS7XOLBM5NS4OIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYRPF3YLY2JJUS7XOLBM5NS4OIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Siofra](https://www.amazon.com/gp/profile/amzn1.account.AEYRPF3YLY2JJUS7XOLBM5NS4OIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works](https://www.amazon.com/gp/customer-reviews/R1K82Q2QO3CPHX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 8, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have pretty bad RLS and this works immediately. Downside is it only works for about an hour... but that's long enough that I can actually fall asleep. Will continue to buy this.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLsiCHGHgR1DLEKbRz2Js41B2w33aupDIvfNpURq52keAAAAAGgtOisAAAAB&reviewId=R1K82Q2QO3CPHX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYZLJTPQIOOBZUTA3QJAZ52TLZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYZLJTPQIOOBZUTA3QJAZ52TLZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHYZLJTPQIOOBZUTA3QJAZ52TLZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R2WZK3RCRI4C82/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 15, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff is awesome. I've gotten the best nights sleep I've had in a long time due to my RLS. It actually works.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLFdx%2B56cTNgly%2BhWjkuPQPB%2FHqAS79FfsoTW%2B1Rc1%2FFAAAAAGgtOisAAAAB&reviewId=R2WZK3RCRI4C82)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQIRK2IHAJ7EANQFHESJMS6NJDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQIRK2IHAJ7EANQFHESJMS6NJDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paulette M.](https://www.amazon.com/gp/profile/amzn1.account.AGQIRK2IHAJ7EANQFHESJMS6NJDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for Resless Leg Syndrome](https://www.amazon.com/gp/customer-reviews/R17HAQQ9YLY2O0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 6, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I take medicine for RLS but sometimes I need a little something extra. At first I didn’t think it would really work but my husband bought it for me to try and surprising it helped. I’m on my second jar!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOIi2%2FS8nzVZhHNBQiyxEGr7ZW9PB3wlmDDgNwnEjmiYAAAAAGgtOisAAAAB&reviewId=R17HAQQ9YLY2O0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4TOY3ONFZZKQDSYSDF3FQO7K3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4TOY3ONFZZKQDSYSDF3FQO7K3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sher](https://www.amazon.com/gp/profile/amzn1.account.AH4TOY3ONFZZKQDSYSDF3FQO7K3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/R24LX2021ND0D6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 7, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've suffered from severe RLS for years. Thus stuff works pretty damn good

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4VTALUPMRU7DGYFUE3ZKZV5R6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4VTALUPMRU7DGYFUE3ZKZV5R6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[zoe](https://www.amazon.com/gp/profile/amzn1.account.AH4VTALUPMRU7DGYFUE3ZKZV5R6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS relief](https://www.amazon.com/gp/customer-reviews/R2ZJR983SOLURP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 29, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I get restless leg syndrome on long flights, so I bought this cream and compressions socks. Together, the two worked perfectly and I had no issues with RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIRQ%2FGKMUPYUhRt%2FSHoNCsid8ddky39GS0mYGTZ5nNVfAAAAAGgtOjQAAAAB&reviewId=R2ZJR983SOLURP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF63BNCWAEXEZHRSRRTEQCQ6WXUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF63BNCWAEXEZHRSRRTEQCQ6WXUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MyAmzRevz](https://www.amazon.com/gp/profile/amzn1.account.AF63BNCWAEXEZHRSRRTEQCQ6WXUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Maybe I'm the exception?](https://www.amazon.com/gp/customer-reviews/R3QJB6NDVV82IU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 18, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have pretty severe restless legs. I have them every night and use Requip to manage the symptoms. I tried this last night on 1st onset of symptoms. Since my RLS seems to jump from one leg to the other, I used this on both legs, my lower back and at the top of my sciatic nerve. No difference or relief was felt. Very disappointed. As a RLS sufferer for most of my adult life, I had hopes this would help me sleep. I'll try it for a few more nights to see what happens.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGHi4bCDXmz%2FccDebIUrKBkPdbfWsgMvXjRi5qi3dj57AAAAAGgtOjQAAAAB&reviewId=R3QJB6NDVV82IU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEW37IVKD7226AYIPAEQWMWXK3AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEW37IVKD7226AYIPAEQWMWXK3AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEW37IVKD7226AYIPAEQWMWXK3AA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works really well..👍🏻👍🏻](https://www.amazon.com/gp/customer-reviews/R2UDNBTD60MTYK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 20, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works really well for me when I need it. Sent some to my brother who does have RLS and he uses it regularly.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJQArZhtDAGo6ZhBlqPWIk9e8tT7fyK%2FGnnU5f7a%2BnhIAAAAAGgtOjQAAAAB&reviewId=R2UDNBTD60MTYK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBE3CYFSNMRJ3S4TFXGVERSPXVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBE3CYFSNMRJ3S4TFXGVERSPXVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MGarycb](https://www.amazon.com/gp/profile/amzn1.account.AGBE3CYFSNMRJ3S4TFXGVERSPXVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This stuff works!](https://www.amazon.com/gp/customer-reviews/R3LKCOQPRAC92C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 7, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had restless leg syndrome my whole life, as have many members of my family. I thought it was just an idiosyncrasy that I had to put up with. Then I discovered Magnilife. I put it on my legs every night before bed, rub and massage it in. RLS is gone!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCex016oQDbwOTDSwN4rFETzeLGZd4XJhE%2ByAn1zWS2TAAAAAGgtOjQAAAAB&reviewId=R3LKCOQPRAC92C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4EFTMQYZKRW7DTJU6YSS6B4A3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4EFTMQYZKRW7DTJU6YSS6B4A3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nicole](https://www.amazon.com/gp/profile/amzn1.account.AE4EFTMQYZKRW7DTJU6YSS6B4A3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great](https://www.amazon.com/gp/customer-reviews/R19ISTUDT0BI3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 2, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Helps my rls!

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKrSOR4qdPliPRaOsBlZ%2FQbAUCP6Rxao9Dl3JddlVBigAAAAAGgtOjQAAAAB&reviewId=R19ISTUDT0BI3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFKFWVBUTG2DBWFVKULOMHSCY4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFKFWVBUTG2DBWFVKULOMHSCY4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Emily](https://www.amazon.com/gp/profile/amzn1.account.AFKFWVBUTG2DBWFVKULOMHSCY4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great for RLS!!!](https://www.amazon.com/gp/customer-reviews/R1RFOM8EMSL7YO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 12, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this cream, I use it every night for my restless leg syndrome & it works very well! I also like the smell! Would definitely recommend to anyone who suffers from RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIf%2BwcB6lKNUQnV8Fk%2ByJZN5fAxuix247Khs6FEx%2FfYrAAAAAGgtOjQAAAAB&reviewId=R1RFOM8EMSL7YO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOQBTU7EMXAOVZBMXHTOXZB4PDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOQBTU7EMXAOVZBMXHTOXZB4PDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEOQBTU7EMXAOVZBMXHTOXZB4PDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works like a charm!!!](https://www.amazon.com/gp/customer-reviews/R1PF7MC08WZ60T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 19, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have spent YEARS trying to find a solution to my RLS and I am shocked that this works! I sleep so incredibly well and I fall asleep so quick now! I need a big tub of this stuff!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKT66QBb7sSIo5MRkl%2FU9O1SzxjvvK8Vo7YCWBfWRJxqAAAAAGgtOjQAAAAB&reviewId=R1PF7MC08WZ60T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOFZEDSOM3VR5U3GGIRHFHEY42Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOFZEDSOM3VR5U3GGIRHFHEY42Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AFOFZEDSOM3VR5U3GGIRHFHEY42Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love this stuff. Works wonders.](https://www.amazon.com/gp/customer-reviews/R317Z7QOA6USX3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 27, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS thos cream works wonderfully on the nights it's really bad. Stops the jumping right away.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCPX68zVL1qweBaIoAnm5ei%2BMvxdBo4dOadKCVHaMvCRAAAAAGgtOjQAAAAB&reviewId=R317Z7QOA6USX3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[HC](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really works](https://www.amazon.com/gp/customer-reviews/R1X189OTMEDWAQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 1, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Purchased for my husband who has rls. We both were very skeptical but the cream really works. First time in 30 years his legs were still thru the entire night.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hICIQuFcMAfQ6T9sWKC4a8vxIEv7R9hrK5vPDTJvHsQTAAAAAGgtOjQAAAAB&reviewId=R1X189OTMEDWAQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2Q3NKSV62H2BPHLHV3CSX2UERQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2Q3NKSV62H2BPHLHV3CSX2UERQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AF2Q3NKSV62H2BPHLHV3CSX2UERQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* RLS Dissolving Tablets](https://www.amazon.com/gp/customer-reviews/R2S4GYGYNCWTPQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 19, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like how easy and quick they dissolve. They didn’t have a bad taste which is great. But, did not work for my RLS. Tried several different times and did not get any relief.

[[](https://www.amazon.com/gp/profile/amzn1.account.AH5L45M2ISSGSF6KGAZQUQFX3DHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH5L45M2ISSGSF6KGAZQUQFX3DHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angelique](https://www.amazon.com/gp/profile/amzn1.account.AH5L45M2ISSGSF6KGAZQUQFX3DHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Not sure!!](https://www.amazon.com/gp/customer-reviews/RE139TJPK30FT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 2, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and can’t tell if it works or not  
I dread night times

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFxZUM6xWnnwKj4gKb9tJbeIO9LZZDJm78t1Ah9g4JOmAAAAAGgtOjsAAAAB&reviewId=RE139TJPK30FT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Malinda Dillon](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Not only for RLS, but also painful hands from arthritis](https://www.amazon.com/gp/customer-reviews/RFUDF8395R5G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 23, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is an exilent product not only for my RLS but it works great for my husband's hands due to osteoarthritis. I massage this into his hands and wow his pain is gone!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPYiTvV1qedfJ5qVkE20Poiph0gksudxYg9hnjWtPa0WAAAAAGgtOjsAAAAB&reviewId=RFUDF8395R5G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFLARIU6LXUNZ5VAUMRJDC667WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFLARIU6LXUNZ5VAUMRJDC667WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tina C](https://www.amazon.com/gp/profile/amzn1.account.AFFLARIU6LXUNZ5VAUMRJDC667WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Awesome for RLS](https://www.amazon.com/gp/customer-reviews/R8700S0Y6XMED/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 22, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have fibromyalgia, which frequently leads me to restless leg syndrome at night. This cream is the only thing that has ever helped me. It kicks in fast and settles the nerves so I can sleep.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hArv2PPL8y7xpNz8Ae%2B2x1cB%2BJf9WF036q1xxXThaTy2AAAAAGgtOjsAAAAB&reviewId=R8700S0Y6XMED)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7WA66QN7ZXXFAG32ZNC4DEZA2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7WA66QN7ZXXFAG32ZNC4DEZA2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Liz Serich](https://www.amazon.com/gp/profile/amzn1.account.AH7WA66QN7ZXXFAG32ZNC4DEZA2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Delivery was fast](https://www.amazon.com/gp/customer-reviews/R3DOI4E93WFBV6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 13, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product works I just wish there were more in the container. I have RLS & this helps alot.

[Customer image](javascript:void(0))

29 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJnj4cmrzsHs35jvkr6oUJiJmyWAI%2BIrbFohP44Q%2FwkCAAAAAGgtOjsAAAAB&reviewId=R3DOI4E93WFBV6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEP6FIW6JZTMZ37XHJ6BNTAESKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEP6FIW6JZTMZ37XHJ6BNTAESKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vicki Berg](https://www.amazon.com/gp/profile/amzn1.account.AEP6FIW6JZTMZ37XHJ6BNTAESKMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* It sort of worked](https://www.amazon.com/gp/customer-reviews/RRRCJPRE5HLZ5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 5, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Seemed to work on regular pain but not my RLS though did ease some of the pain. I Have severe restless leg syndrome so not fair to judge with regular RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL95P2yyeloiCIeyHr%2BaDInTya8cCk9A9qsmn7sNvPsiAAAAAGgtOjsAAAAB&reviewId=RRRCJPRE5HLZ5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHO4RAFRSEFM44CLMR36E333I43Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHO4RAFRSEFM44CLMR36E333I43Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cindy](https://www.amazon.com/gp/profile/amzn1.account.AHO4RAFRSEFM44CLMR36E333I43Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Couldn't tell it worked at all.](https://www.amazon.com/gp/customer-reviews/R1CIVTJTMY8PPT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 24, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought for RLS. Found it to be a waste of money.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHSGlk1Gxl4T1N5NhcOqjIPNrX8fatJhwj1iOFSTbDFwAAAAAGgtOjsAAAAB&reviewId=R1CIVTJTMY8PPT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3HGJDVRSOMCQVEXHTYZ7VU26NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3HGJDVRSOMCQVEXHTYZ7VU26NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[brenda Roldan](https://www.amazon.com/gp/profile/amzn1.account.AF3HGJDVRSOMCQVEXHTYZ7VU26NA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Does not sooth](https://www.amazon.com/gp/customer-reviews/R1T6S2J3OLKDPC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 13, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This really doesn’t work well. I have RLS and this was not for me. It did not help me at all.  
Tiger Bond works much better than this.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHtl2BKVc9TP8dgYSHir9QgKkFcyNvbOmvEdp8ARfL5HAAAAAGgtOjsAAAAB&reviewId=R1T6S2J3OLKDPC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFCKPBQATAZNKRKYBVOYYCLLWCZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFCKPBQATAZNKRKYBVOYYCLLWCZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dave Dodge](https://www.amazon.com/gp/profile/amzn1.account.AFCKPBQATAZNKRKYBVOYYCLLWCZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Don't Buy](https://www.amazon.com/gp/customer-reviews/RK3F33RGF4Y12/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on May 20, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this at this insistence of my mother. Knowing it's homeopathic, I had low expectations and felt like it was a waste of money, but, to make her happy, I bought it.  
  
It smells nice. It's runnier than expected, and that makes it seem more goopy and more difficult to apply, as you have to worry about it dripping out of your hand. It had absolutely no effect on my restless legs, though.  
  
Homeopathic "medicine" is actually just super-diluted active ingredients, diluted to the point that there's barely a molecule of the active ingredient left. The manufacturers can make any claims they like on the packaging because it won't have to be proven to the FDA, since it was never approved by them. If you have RLS, seek the advice of a medical professional.

37 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDWwykXRjiOAaawautgrHzYc%2BC7epOFdVR1GnEzAhIcVAAAAAGgtOjsAAAAB&reviewId=RK3F33RGF4Y12)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELU6IZCYSAE6GIYSCDDVXUDRTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELU6IZCYSAE6GIYSCDDVXUDRTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[nona](https://www.amazon.com/gp/profile/amzn1.account.AELU6IZCYSAE6GIYSCDDVXUDRTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It actually works](https://www.amazon.com/gp/customer-reviews/RL6GP7EATWYBL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 31, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe RLS and this does relieve some of the symptoms and sometimes all. I’ve tried many and this is one of two that really give me relief.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAd21eqwLRD31JoAWTlWzJFw5YE%2F%2Bjo5vcy4jG8kw57IAAAAAGgtOjsAAAAB&reviewId=RL6GP7EATWYBL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kathleen L Cleberg](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works for restless legs](https://www.amazon.com/gp/customer-reviews/R2EWLOFSFLVOE0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 30, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a winner. Soft and smooth with a mild lavender scent. Best of all, it stops my rls at least 90% of the time.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYUQ5ECF7AJYEO3B4YSUNA7NJXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYUQ5ECF7AJYEO3B4YSUNA7NJXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vanessa](https://www.amazon.com/gp/profile/amzn1.account.AHYUQ5ECF7AJYEO3B4YSUNA7NJXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Stopped working for me, however....](https://www.amazon.com/gp/customer-reviews/R1IVE6KHRUYUKZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 8, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Worked really well at first, but I had to really slather it on and eventually it would gradually set in and work but honestly after a week it became ineffective. However, I have Fibromyalgia not just RLS so that may be a contributing factor.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHPvZmRoAqsYCJp2izV4ZBgrugIaNM0oub5G08l7LdN4AAAAAGgtOkMAAAAB&reviewId=R1IVE6KHRUYUKZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEI6JBZFE44W5OFIXVC6VCP34QPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEI6JBZFE44W5OFIXVC6VCP34QPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Donna](https://www.amazon.com/gp/profile/amzn1.account.AEI6JBZFE44W5OFIXVC6VCP34QPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* It's nice for cramping legs but doesn't work on RLS](https://www.amazon.com/gp/customer-reviews/RF83W55FWV5R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on March 27, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Was hoping this would help with restless leg but does not... However does help with cramping legs

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMpbTr%2Fy4YMxZat%2F9bzamHpwi8KVkizZtqLeUXNsnzm%2FAAAAAGgtOkMAAAAB&reviewId=RF83W55FWV5R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFLG3A2L2WF5OSB7MFV5QRUFX4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFLG3A2L2WF5OSB7MFV5QRUFX4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Laura Freeze](https://www.amazon.com/gp/profile/amzn1.account.AFLG3A2L2WF5OSB7MFV5QRUFX4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing](https://www.amazon.com/gp/customer-reviews/R3VZOSMQ204WQR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on September 11, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

only does it help with rls it also helps with deep fibromyalgia and lupus pain. I've never slept better! I just wish it wasn't so expensive don't know how much longer I can buy it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCKzTZSrVgEog5FQlZaE2YXpnWIHDVVF1iI025JpPLhHAAAAAGgtOkMAAAAB&reviewId=R3VZOSMQ204WQR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHQZECWKJ6OK7HC26MM3Q2B3AOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQZECWKJ6OK7HC26MM3Q2B3AOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lorraine](https://www.amazon.com/gp/profile/amzn1.account.AHQZECWKJ6OK7HC26MM3Q2B3AOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* BLESSED RELIEF!](https://www.amazon.com/gp/customer-reviews/R2R219BT3C6GJ0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 2, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My RLS was driving me crazy until I took a chance on this cream. It works like an OFF switch for the horrible movements! Dont know how....dont care....just LOVE IT!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC2Z69hL1e3%2FF4fEKxBpUdtF2LPnmTLnrwtqW%2BM%2FxMO0AAAAAGgtOkMAAAAB&reviewId=R2R219BT3C6GJ0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFAGMTNKGJOKTTBVJNZ4RTZFF4WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFAGMTNKGJOKTTBVJNZ4RTZFF4WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lance Ramsay](https://www.amazon.com/gp/profile/amzn1.account.AFAGMTNKGJOKTTBVJNZ4RTZFF4WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic](https://www.amazon.com/gp/customer-reviews/R1XNGSHBK2G8EE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 9, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff works miracles! I have had rls for years and this is the first time I have had something that really works.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJcTlz4B03OtdeZg3aoe51Xw6UGZPEyXaWEeWgbv%2Fx4FAAAAAGgtOkMAAAAB&reviewId=R1XNGSHBK2G8EE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMT3XOGDFQKU5FQM5VQG3NWMTBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMT3XOGDFQKU5FQM5VQG3NWMTBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brian S. O'neill](https://www.amazon.com/gp/profile/amzn1.account.AFMT3XOGDFQKU5FQM5VQG3NWMTBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did not relieve RLS](https://www.amazon.com/gp/customer-reviews/RDXE8QHCIG7V9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 7, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Cream feels good when applied but did nothing to relieve my restless legs syndrome.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDD8DkRY03IiM9yZdKp4KE8XyxMQMIRN7fZY059JzR36AAAAAGgtOkMAAAAB&reviewId=RDXE8QHCIG7V9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHXXFWN3K5RGHYJ44YBYGSWHIZEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHXXFWN3K5RGHYJ44YBYGSWHIZEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[linda blake](https://www.amazon.com/gp/profile/amzn1.account.AHXXFWN3K5RGHYJ44YBYGSWHIZEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* did not do much for me](https://www.amazon.com/gp/customer-reviews/R1PA0JV4YJ1Y80/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 16, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Maybe my occasional RLS does not need anything. It may have done a little the one night but no wow factor

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG8odaQBGH9ZObOtZtmIn2t5V3R%2BYUtwa1Pgss3L32PJAAAAAGgtOkMAAAAB&reviewId=R1PA0JV4YJ1Y80)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFN6DGK5S6D4HISP5YY5FZJU6O5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFN6DGK5S6D4HISP5YY5FZJU6O5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AFN6DGK5S6D4HISP5YY5FZJU6O5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* WORSENS RLS SYMPTOMS..... CANNOT GET A REFUND BECAUSE SELLER IS AWARE OF ISSSUES.](https://www.amazon.com/gp/customer-reviews/R3OEGQKL0SCX79/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 4, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS symptoms worsened which kept me up all night with no sleep. I had to call in sick to work with no pay.  
Also, no use directions for this terrible product. Unable to return because seller knew returns were eminent  
because product a shame.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEh%2B8WuoUuJN%2B0cnMcK5ydNLNNjlSstDp50ZArdQwTPeAAAAAGgtOkMAAAAB&reviewId=R3OEGQKL0SCX79)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGLA3E5WH4NFUQ6ED24OMAQ4ZLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGLA3E5WH4NFUQ6ED24OMAQ4ZLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alliekatt2001](https://www.amazon.com/gp/profile/amzn1.account.AHGLA3E5WH4NFUQ6ED24OMAQ4ZLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for me!](https://www.amazon.com/gp/customer-reviews/R3JRU81H9E02A5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 4, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this product. I will continue to buy. I wish I didn't have RLS. This does help me a lot!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLNGWfyzwEyDyBrct9waoKfA7MQEdC4Jj%2FJGeRfiwMPgAAAAAGgtOkMAAAAB&reviewId=R3JRU81H9E02A5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Foxy Lady](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Greatly works with my restless legs and painful artiritis](https://www.amazon.com/gp/customer-reviews/R1YZBZQSUOP6TQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 21, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS & ARTHRITIS PAIN

One person found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AE7NKP3DBQYLVPLF4EUW7J7UTVDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE7NKP3DBQYLVPLF4EUW7J7UTVDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Santa Barbara Kate](https://www.amazon.com/gp/profile/amzn1.account.AE7NKP3DBQYLVPLF4EUW7J7UTVDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Useless for RLS](https://www.amazon.com/gp/customer-reviews/R16J8JUTIN9KER/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on July 5, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It smells fresh, and I suspect the cool, menthol-like cream is supposed to provide comfort. With actual Restless Leg Syndrome (RLS) the muscle twitches and creeping sensations in your legs are unaffected by an external product.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP94%2BdrrSZffF4AVzPPpy5flTK3mR%2BZZhNoTXDvhiXCqAAAAAGgtOk8AAAAB&reviewId=R16J8JUTIN9KER)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHKBB2HRNBZOJAOMTDZ4I6BEXOHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHKBB2HRNBZOJAOMTDZ4I6BEXOHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brianna Thompson](https://www.amazon.com/gp/profile/amzn1.account.AHKBB2HRNBZOJAOMTDZ4I6BEXOHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS miracle cream!](https://www.amazon.com/gp/customer-reviews/R3H00H9WZ12HGM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Amazing stuff! Have always struggled with intense restless legs and this actually takes the crawling, terrible sensation away. Was skeptical, but glad I gave it a try!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCr3WAosINa0d4xQlHXS03KREncXcRLjN3vl%2F7XIz0i%2FAAAAAGgtOk8AAAAB&reviewId=R3H00H9WZ12HGM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYPISPLCAIREGCVHCHIEY2TLDCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYPISPLCAIREGCVHCHIEY2TLDCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHYPISPLCAIREGCVHCHIEY2TLDCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Definitely takes the edge off pain,neuropathy and rls!](https://www.amazon.com/gp/customer-reviews/R37UBDG8XPUXK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works well for neuropathy, rls and leg pain from spine injury. Thick yet sheer and easy to put on.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNzk%2BVOBZfc%2B6HNpMLFwPtNB6RSB0CyF%2FMEPY4Pe1mlRAAAAAGgtOk8AAAAB&reviewId=R37UBDG8XPUXK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[GiGi](https://www.amazon.com/gp/profile/amzn1.account.AH77LOWQTJ6FKZNBIV2HBZTSOQJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works](https://www.amazon.com/gp/customer-reviews/R18D6LOMJO7NMV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 28, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used for RLS & muscle spasms

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hISEzy5TCBhHio7U9ZSpkovKkw%2Bg590jSF5Z2GPhlRKoAAAAAGgtOk8AAAAB&reviewId=R18D6LOMJO7NMV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH6CAIUJAXX4WDJ2VKXMKO4PXXSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH6CAIUJAXX4WDJ2VKXMKO4PXXSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Phil](https://www.amazon.com/gp/profile/amzn1.account.AH6CAIUJAXX4WDJ2VKXMKO4PXXSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Homeopathic cream](https://www.amazon.com/gp/customer-reviews/R9JVM0R4K76I6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on November 2, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a homeopathic cream which means it doesn't do much. I was hoping of some warming effect or something but it does nothing that I could determine. Had no effect on my RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF9ENkClBVSXH4G4%2BKoklr%2BL%2Bajcf3B4WaS%2F%2BAVF%2BwnVAAAAAGgtOk8AAAAB&reviewId=R9JVM0R4K76I6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFYNQWWQBTCFAIXA3KLTQCJKP24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFYNQWWQBTCFAIXA3KLTQCJKP24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[J. Gordon](https://www.amazon.com/gp/profile/amzn1.account.AFYNQWWQBTCFAIXA3KLTQCJKP24Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not work for restless leg syndrome (RLS)](https://www.amazon.com/gp/customer-reviews/R51OGFRPV60GL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on January 29, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was one of the many, many things I tried to get rid of RLS and it did NOT work. Not even once. Not sure what this is for but I found it a waste of money - and I tried many times, hoping it would help. Only thing that did help was pure magnesium spray also sold on Amazon. That cured RLS 100%. This stuff? Not sure what it's for.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDRmi%2F0wcevrNt3x%2F7eDfTsHYWmltYTblb78wF814PTSAAAAAGgtOk8AAAAB&reviewId=R51OGFRPV60GL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGFTLYD5FYD7KQO7XNWNVSYOG7OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGFTLYD5FYD7KQO7XNWNVSYOG7OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[cynsel](https://www.amazon.com/gp/profile/amzn1.account.AGFTLYD5FYD7KQO7XNWNVSYOG7OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great Temporary every day relief](https://www.amazon.com/gp/customer-reviews/R3QCP568LPF1LN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on March 19, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works great for me. Temporarily relieves rls and let’s me sleep the night

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLhpHzPAwONFqjhaGih%2FcjA3wj7Qsnf3IumTVJ0qOFhEAAAAAGgtOk8AAAAB&reviewId=R3QCP568LPF1LN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFIDHFU75B43OYEYTV4IUOPJDGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFIDHFU75B43OYEYTV4IUOPJDGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Daniel hernandez](https://www.amazon.com/gp/profile/amzn1.account.AFIDHFU75B43OYEYTV4IUOPJDGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Yes totally works](https://www.amazon.com/gp/customer-reviews/R18KC4YH9XIFTY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 14, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

99% of the time it totally takes away my rls. Worth it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEw7UEaYxuorR6BUsZaIVd%2Fja1%2B0j3HBAz4oiB7SaI0uAAAAAGgtOk8AAAAB&reviewId=R18KC4YH9XIFTY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHN64SIUVUKKPSRCOUJUVDIRV2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHN64SIUVUKKPSRCOUJUVDIRV2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEHN64SIUVUKKPSRCOUJUVDIRV2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relief from RLS](https://www.amazon.com/gp/customer-reviews/R1U7GQSG6GF41N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 27, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this product. Works for me everytime

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNK5uzGw5xZuQT0Uu0CWKEPKdCDK4bZ7Jip6ktJ3Eg1EAAAAAGgtOk8AAAAB&reviewId=R1U7GQSG6GF41N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFYXYTOKRXXIXPXLCX4YWKFRU66Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFYXYTOKRXXIXPXLCX4YWKFRU66Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dolita Adams](https://www.amazon.com/gp/profile/amzn1.account.AFYXYTOKRXXIXPXLCX4YWKFRU66Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* IT WORKS!](https://www.amazon.com/gp/customer-reviews/R1VWP5M0QMDIKE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 27, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought this for my daughter and it helped her sleep peaceful! She suffers for RLS and fights against it immediately!

[[](https://www.amazon.com/gp/profile/amzn1.account.AHS4GSMHKGI5OTEHM3SNWPHYKKEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHS4GSMHKGI5OTEHM3SNWPHYKKEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sammie J](https://www.amazon.com/gp/profile/amzn1.account.AHS4GSMHKGI5OTEHM3SNWPHYKKEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I have RLS and using this product for years.](https://www.amazon.com/gp/customer-reviews/RM220WKJ8JSGN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 26, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Great product. I've been using it for years. Apply when you start to feel RLS symptoms.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLP%2BPXLOFUYLVOHO6gFk6R8KW6hQDw%2FMHoENEJww89POAAAAAGgtOl4AAAAB&reviewId=RM220WKJ8JSGN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Packer Fan Pete](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R2UVH9XPC3E4ZN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on February 8, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have used MagniLife RLS Creme since before it was made as the PM version. Good product!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIZkedG2o9gdCO%2FyeCaaiemWKmqOM6V9x%2Ba5UPqeppmjAAAAAGgtOl4AAAAB&reviewId=R2UVH9XPC3E4ZN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGM65MOEI7JJFWCSPGPJVDSYYVRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGM65MOEI7JJFWCSPGPJVDSYYVRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGM65MOEI7JJFWCSPGPJVDSYYVRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not help me](https://www.amazon.com/gp/customer-reviews/R2NDUKOEK2D419/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 16, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It may help some with RLS but it didn't help me.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO8FaMhI3konG3yKjyYNP8Ehoau81AkL%2FhdBilt0ZUkZAAAAAGgtOl4AAAAB&reviewId=R2NDUKOEK2D419)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEQNEXPEE5SMXK3XUFLERVGS2MAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEQNEXPEE5SMXK3XUFLERVGS2MAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Fan](https://www.amazon.com/gp/profile/amzn1.account.AEQNEXPEE5SMXK3XUFLERVGS2MAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Didn't work for my RLS.](https://www.amazon.com/gp/customer-reviews/R1QESDSEWQ1YE0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on August 28, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I liked the scent and that it absorbed immediately - wasn't sticky. But it did nothing for my jumping legs.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB86E%2B3jFkFqsU6fbBQvxhyaU9QQf8Kpe%2FfO5%2BdI9i4SAAAAAGgtOl4AAAAB&reviewId=R1QESDSEWQ1YE0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMP4ZM52UKNG27ZCWB7ONV5NWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMP4ZM52UKNG27ZCWB7ONV5NWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Caroline McCall](https://www.amazon.com/gp/profile/amzn1.account.AFMP4ZM52UKNG27ZCWB7ONV5NWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS GOOD BYE](https://www.amazon.com/gp/customer-reviews/R1GWGXXISUV89G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on April 1, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is my second jar. Helps me get to sleep

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG%2Bm0HdgI5Ro68MnA9kUOW2XwHQeOrs%2F3c3KeFJURYkTAAAAAGgtOl4AAAAB&reviewId=R1GWGXXISUV89G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPBBWDA3L5DQLUDEZ5KXDQUZYFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPBBWDA3L5DQLUDEZ5KXDQUZYFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kare](https://www.amazon.com/gp/profile/amzn1.account.AEPBBWDA3L5DQLUDEZ5KXDQUZYFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Disappointed in quality](https://www.amazon.com/gp/customer-reviews/RBV60FJL24TUA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on July 16, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Item finally arrived - When I opened up the jar the lid felt loose as though it had already been opened - and there was no foil safety seal, I can only assume this was used. Really disappointed as I had high hopes this would help with my RLS. Will be returning for a refund.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIl2I6zzoIo1pst6g9p9aesKJvssFuDHbLVGeRRHg5lTAAAAAGgtOl4AAAAB&reviewId=RBV60FJL24TUA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFT5PQHGOQ3VNSECBHCUOYB7GPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFT5PQHGOQ3VNSECBHCUOYB7GPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lexi](https://www.amazon.com/gp/profile/amzn1.account.AFT5PQHGOQ3VNSECBHCUOYB7GPIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Suffering from RLS](https://www.amazon.com/gp/customer-reviews/R2HZ9SPBKDRBSU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on October 20, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was not nearly strong enough to ease any pain associated with RLS. Smelled good though.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJGMH9tTqA5u8%2F0LM5g3KXKWSZHDfxTjY%2F%2FhU%2BRtnyYJAAAAAGgtOl4AAAAB&reviewId=R2HZ9SPBKDRBSU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGR4YJDLE7L3T63MV5HITTLGOWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGR4YJDLE7L3T63MV5HITTLGOWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JH](https://www.amazon.com/gp/profile/amzn1.account.AGR4YJDLE7L3T63MV5HITTLGOWUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Waste of money](https://www.amazon.com/gp/customer-reviews/RM0DF951EYC4B/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on June 8, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Please do not waste your money. This product did nothing for sore legs or RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLFOEb%2FdhCY7RDKWmKPpmYYCqCiTjum%2BPRiF7UbMFYXdAAAAAGgtOl4AAAAB&reviewId=RM0DF951EYC4B)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEA43OVA2N4SDANN3BAFK3NUKSLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEA43OVA2N4SDANN3BAFK3NUKSLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Wondermom3](https://www.amazon.com/gp/profile/amzn1.account.AEA43OVA2N4SDANN3BAFK3NUKSLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Disappointed it did not help](https://www.amazon.com/gp/customer-reviews/R1U1JELYQ1P5LN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on July 6, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this product based on reviews for my Mother whom suffers from horrible RLS and unfortunately, it did not help her at all.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM8xrFShg7vlgB%2FONCwMHce93BLnYMxpqy8RUlh8GM08AAAAAGgtOl4AAAAB&reviewId=R1U1JELYQ1P5LN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFZK2FNINCHRX7552RGJCJX4U5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFZK2FNINCHRX7552RGJCJX4U5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lynne](https://www.amazon.com/gp/profile/amzn1.account.AFZK2FNINCHRX7552RGJCJX4U5OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Doesn’t help me](https://www.amazon.com/gp/customer-reviews/RJZTP82B8RNAW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B075B2HMP8)

Reviewed in the United States on December 13, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This sadly didn’t help my RLS symptoms at all. I love the smell of it and the feel, but unfortunately it didn’t do anything for me.

[[](https://www.amazon.com/gp/profile/amzn1.account.AGMWCBZ5WMVDNXF7SWFYID4SOJSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGMWCBZ5WMVDNXF7SWFYID4SOJSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amber](https://www.amazon.com/gp/profile/amzn1.account.AGMWCBZ5WMVDNXF7SWFYID4SOJSA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* IT WORKS!](https://www.amazon.com/gp/customer-reviews/R3J8F79ARJVEPI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 7, 2025

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

WORKS!!! I have serious RLS and my grandmother introduced this to me. Nothing usually works for me so I was very skeptical. IT WORKS! And immediately! And the smell isn't bad either. Also, the same brand but foot cream is also good too!! Recommend

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF8hpN9nIRpfo2Ni7UnhlErv1VCvVS%2FLe6JSTEi0Bj7EAAAAAGgtNWAAAAAB&reviewId=R3J8F79ARJVEPI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFV3TZOZ7DPAGOCKODCZ4EUW5WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFV3TZOZ7DPAGOCKODCZ4EUW5WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[IntraTech](https://www.amazon.com/gp/profile/amzn1.account.AFV3TZOZ7DPAGOCKODCZ4EUW5WOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/R15MENSY41ZZPL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 19, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This just works especially on nights when I just cant fall asleep because of my pesky RLS. If you have rls, at the very least : stop drinking caffeine, take a multivitamin every single day, drink tea like chamomile before bed, have good sleep hygiene and make sure you dont surf your phone before bed. Good luck yall!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBhodVnuVbGZyqKWVxKR99d69I2DFwecvgPuNsRlEAH8AAAAAGgtNWAAAAAB&reviewId=R15MENSY41ZZPL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEV2AWPYUIOW6PT7M4XVQH24EWCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEV2AWPYUIOW6PT7M4XVQH24EWCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Suzie](https://www.amazon.com/gp/profile/amzn1.account.AEV2AWPYUIOW6PT7M4XVQH24EWCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Don't jinx me](https://www.amazon.com/gp/customer-reviews/R1A0X5BYSG6CVW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on September 13, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless leg syndrome. What a hideous thing to suffer from, plus I generally lost the ability to sleep. I was taking zzquill and found that the main ingredient can cause RLS. Lovely.  
I've tried a bunch of stuff but it seems I'm always in that small % of people that the product just doesn't work for.  
Here's what seems to help me:  
Massages. Oddly enough I have a great back massager that helps. You'd think you would need a leg massager.  
Compression socks. Tried the thigh high but tossed those in the trash.  
Finally, I tried this cream. It does work. And quickly. Some reviews mention the scent and didn't like it. I don't mind it at all. It fades pretty quickly.  
I hope I didn't just jinx myself but I recommend this for RLS. Maybe even fibromialgia.

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHoxFYVaUNztfn%2FawJg95FQaMKbKt0eNdKvwnQ%2FnTnmpAAAAAGgtNWAAAAAB&reviewId=R1A0X5BYSG6CVW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFXHQ7K6J6SUNHEMP2W6AMKLLPLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFXHQ7K6J6SUNHEMP2W6AMKLLPLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Travel Right Her](https://www.amazon.com/gp/profile/amzn1.account.AFXHQ7K6J6SUNHEMP2W6AMKLLPLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic product for MY RLS](https://www.amazon.com/gp/customer-reviews/R2JXCZAYGDEUAF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 8, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

There are a lot of mixed reviews about this product, but I love it. It's like the plethora of lotions, potions and pills available for the same health and beauty complaints...try things until you find the ones that work for you. I saw an ad for it in a magazine, and since I have terrible restless leg syndrome decided to try it. (My RLS is so bad at times that if I read that rolling in mud during a full moon on the shores of Lake Erie would help, I would do it!) It does not rub into the skin quickly, so my pajama pants sometimes are a bit clingy. But it calms my legs VERY QUICKLY so I can put up with a bit of stickiness. I have two friends with RLS who refuse to fly because of it. I bought a jar for both of them with the promise that I would drive them back from Florida if they suffered from RLS while on the plane. We all enjoyed a delightful round trip flight. When I travel overseas I put a 3 oz portion in my carry-on. At the first sign of leg spasms I smear this from my thighs to my ankles and it calms them almost immediately. It may not work for you, BUT if you haven't used this product at least try it. It's also MUCH cheaper on Amazon than it is in the drugstores.

124 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFRi%2BAz2UQonluKQ%2BOo9kAEeWJ1FpqE0n0%2FMkgIWIzjuAAAAAGgtNWAAAAAB&reviewId=R2JXCZAYGDEUAF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAYWZNXY4DJJ7FFRNTRAZTJXPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAYWZNXY4DJJ7FFRNTRAZTJXPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paulette Binion](https://www.amazon.com/gp/profile/amzn1.account.AGAYWZNXY4DJJ7FFRNTRAZTJXPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works!](https://www.amazon.com/gp/customer-reviews/R2O1SS3K6QGFFW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 31, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband has RLS and I cannot sleep in the same bed with him if he doesn't use this! It helps him sleep longer, without "dancing" all night long.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPGZCIKP231s8adnOXEsV9rHkGnJOUerKdtuuzhH1AOFAAAAAGgtNWAAAAAB&reviewId=R2O1SS3K6QGFFW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTWO6LGT3WVL5MLTPAY3BCPMX4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTWO6LGT3WVL5MLTPAY3BCPMX4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cindy](https://www.amazon.com/gp/profile/amzn1.account.AHTWO6LGT3WVL5MLTPAY3BCPMX4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Received used, or defective, product!](https://www.amazon.com/gp/customer-reviews/R10KZI0LIPX0C3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 10, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I try to keep a few jars of this on hand at all times. It is the only cream that has always settled my RLS, and allows me to go back to sleep. A month ago, I purchased 3 jars of this cream, to restock my supply. I don't use them all in the 30-day return window, and I didn't think it was necessary to open all the jars, since none of them were leaking. But, when I went to use one of the jars the following month, I noticed the lid wasn't screwed on correctly. I opened it and the seal had been stuffed into the lid, and the cream was half gone. I tried to get a replacement from Amazon, but because it had been over the 30 days, I couldn't do anything. So...the lesson is, check your jars when they arrive, just to make sure everything is intact!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC8kZvo1YPYhpag2hbFbuTR%2FgfcQWPcNkBiHTS4lcfutAAAAAGgtNWAAAAAB&reviewId=R10KZI0LIPX0C3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAKKJO2YJHHL4Y4V46ILOCS67VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAKKJO2YJHHL4Y4V46ILOCS67VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Zeriously](https://www.amazon.com/gp/profile/amzn1.account.AEAKKJO2YJHHL4Y4V46ILOCS67VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A Homeopathic remedy that actually does something?](https://www.amazon.com/gp/customer-reviews/R2AKFINH0J6VT5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 26, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Most folks who've taken at least a few high school chem. classes should know that homeopathy is a big bubbling crock of shirt because the number of molecules in a diluted (= more powerful in homeopathy) homeopathic remedy is basically non-existent. If anything, it's the placebo effect at work, which is what I'd say is the operative process in this leg cream. Well I'll be darned, that placebo effect sure seems to work for me. Perhaps it's the inactive ingredients? I have to assume so since there's nothing else in there. Who cares? It works....well, at least it's worked the past three nights I've used it. My RLS is medium nasty, but what else can I say other than that it's worked. I'll be curious to see if it continues to do so.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFgnywd5rWC4Aa4icx1dqjMuK7EPs7THzOlT01MDyH%2BxAAAAAGgtNWAAAAAB&reviewId=R2AKFINH0J6VT5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJCJ6BZ3OPH6K5KBGPCB4TBEMRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJCJ6BZ3OPH6K5KBGPCB4TBEMRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LOIS RANKIN](https://www.amazon.com/gp/profile/amzn1.account.AHJCJ6BZ3OPH6K5KBGPCB4TBEMRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R1EDNDX3AA1F1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 16, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Very good product! I have RL and it numbs the leg.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBG8a7eXoVJYY35MRgNZgZA1Du2o%2Fs1xuBxWFyeZIqh%2BAAAAAGgtNWAAAAAB&reviewId=R1EDNDX3AA1F1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFX2TO7YYI24KIDGKJVDLCVVL54A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFX2TO7YYI24KIDGKJVDLCVVL54A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Avid Shopper](https://www.amazon.com/gp/profile/amzn1.account.AFX2TO7YYI24KIDGKJVDLCVVL54A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* This product helps!](https://www.amazon.com/gp/customer-reviews/RRFP2DYXNDB4X/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 19, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve tried nearly everything for my RLS. This product is certainly not a cure all ~ but, using it along with my Rx, has helped me to get more (and better quality) sleep than I have in years. My only wish is that it’s effectiveness lasted longer as, on particularly bad nights, I’ve needed to apply it every couple of hours. However, I strongly recommend giving this a try ~ it’s exceeded my expectations and I would recommend it.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEm3FBafdjb%2BWQBjFHdnWUY1%2BpWVE5Fq0coT1Qd2XpRPAAAAAGgtNWAAAAAB&reviewId=RRFP2DYXNDB4X)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH64NTLZ35LCEFXNFLTA6BHY46EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH64NTLZ35LCEFXNFLTA6BHY46EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Michell](https://www.amazon.com/gp/profile/amzn1.account.AH64NTLZ35LCEFXNFLTA6BHY46EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* ABSOLUTELY NOT FOR ME](https://www.amazon.com/gp/customer-reviews/R30CAP3LJ3KTW7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 8, 2025

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I made my purchase based off of the postivie reviews. I have RLS and it starts in the evening sometimes when Im at work> I am unable to take my RLS medication at work due to it making me sleepy, so I thought I would try this .  
Approx after 20 minutes of applying it ( well before my symptoms trypically start at night) my RLS flaired up and was quite severe. This product is definetely does not work for me . Very aggravating to loose a good nights sleep!



[[](https://www.amazon.com/gp/profile/amzn1.account.AF2R6SC3FK7MW253LE2MDHWC6GCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2R6SC3FK7MW253LE2MDHWC6GCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Keith Wilson](https://www.amazon.com/gp/profile/amzn1.account.AF2R6SC3FK7MW253LE2MDHWC6GCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***1.0 out of 5 stars* Doesn’t work for moderate to severe RLS**](https://www.amazon.com/gp/customer-reviews/R2LZAIWJ5CUCBP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 25, 2025

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have moderate to severe restless leg syndrome. Was optimistic about this cream but it doesn’t help at all. I guess if you have pain and cramping it may help but with the “jumps” where my legs have a mind of their own, was totally ineffective. What a waste of money. I’ll go back to my prescribed med, Ropinirole.  
Lots of lost sleep……

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNdOrKLSg8DKuwmJ%2BJB1Kr%2F0vldLpNBVOoErT1zpGEaAAAAAAGgtOm8AAAAB&reviewId=R2LZAIWJ5CUCBP)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHQZS4KJVSQFRLR3LTCK3XQLHRSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHQZS4KJVSQFRLR3LTCK3XQLHRSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angel Quezada](https://www.amazon.com/gp/profile/amzn1.account.AHQZS4KJVSQFRLR3LTCK3XQLHRSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* It really works!!!!**](https://www.amazon.com/gp/customer-reviews/R124LDGELEODWX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 22, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried all a lot of products but the only one that really helped me with my Restless Leg Syndrome was the Magnilife Relaxing Leg Cream. I will swear by this product! I have had many a sleepless night and I was actually starting to hallucinate. This product gave me most of my sleep back. I rub it on my legs, feet, buttocks' muscles, lower back and arms. It, literally, works on contact! I do have to use it at least three times per night, but this is much better than having to get into hot water to calm the RLS several times per night. Please let everyone know about this cream. I hate to think of many others suffering from this and not having a chance to try out this product.

31 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJTcKnRw3aGqlu%2BLdsDUN97gzd6rVSyp3ifT4RVDGvVtAAAAAGgtOm8AAAAB&reviewId=R124LDGELEODWX)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHNAWNLRQRSKMCIERPWUIX4V2AQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHNAWNLRQRSKMCIERPWUIX4V2AQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alice B.](https://www.amazon.com/gp/profile/amzn1.account.AHNAWNLRQRSKMCIERPWUIX4V2AQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* I Love, Love, Love This Stuff!**](https://www.amazon.com/gp/customer-reviews/R14NZFKLFPYU9Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 17, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have Rhythmic Movement Disorder, affecting my legs at night--impossible to sleep when leg muscles from hip to toes clench, release, pause, then clench again. Read the reviews reporting this cream successfully deals with with Restless Leg Syndrome and thought perhaps the cream would help my RMD. It does! Have had two successive nights of sleep without RMD, and look forward to many more. I found the effect wears off about 3:30 a.m., but another quick application of cream quiets the clench/pause activity and I can get back to sleep.  
  
BTW, I did have a bout with RLS awhile back but found drinking a combination of coconut water and Gatorade before bed stopped RLS. Something to do with electrolyte imbalance. Still drinking that combo and no more RLS. And, thanx to MagnaLife, no more RMD either.

51 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEAq13bnB15N7L3SLYosnSOUkltpSZSBkavHJnCRQDbqAAAAAGgtOm8AAAAB&reviewId=R14NZFKLFPYU9Q)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHEBHBX3WMPPLOH6LSWCKQHZNKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEBHBX3WMPPLOH6LSWCKQHZNKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[William Ferraioli](https://www.amazon.com/gp/profile/amzn1.account.AHEBHBX3WMPPLOH6LSWCKQHZNKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***3.0 out of 5 stars* Did not work for me**](https://www.amazon.com/gp/customer-reviews/R1TAXJ7HGPH7C7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 6, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not do anything for my rls.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDMTEZ728sB%2BigldGu5%2BSmtzaqL2%2BlFnYZJTg23MAkoxAAAAAGgtOm8AAAAB&reviewId=R1TAXJ7HGPH7C7)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[C. Sutton](https://www.amazon.com/gp/profile/amzn1.account.AHMWOLCDA75BXXOYECVCONFIHPNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***4.0 out of 5 stars* Helpful, but not a cure.**](https://www.amazon.com/gp/customer-reviews/R3CXP20G5AQ0ZF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 24, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use it for nighttime restless legs syndrome. At first three years ago it kept my legs fairly quiet for about 8 hours. Now I am lucky if I get 4 hours, especially since peripheral neuropathy set in and adds to the RLS. I have to apply it twice a night and be pretty tired for it to work the second time. It is not a cure, but it does help. Adding Tylenol also helps.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNHzwJDHa8GS%2FfmPiuvRZXl6z8yIOgfZ2pvkn7TWoQquAAAAAGgtOm8AAAAB&reviewId=R3CXP20G5AQ0ZF)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AFF7LHZZXMFIS45DISYHIBWW6IPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFF7LHZZXMFIS45DISYHIBWW6IPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brown Eyes](https://www.amazon.com/gp/profile/amzn1.account.AFF7LHZZXMFIS45DISYHIBWW6IPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* What A Relief**](https://www.amazon.com/gp/customer-reviews/R3N2OOOWKSEKL7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 23, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product is a perfect partner to the Gabapentin which I take for RLS. Unfortunately, for me, it does not work solo. I am grateful that when the Gabapentin is not working I can apply this cream and receive some relief. I have had RLS for too many years to count and it has only gotten worse. The only negative for me is the smell! My RLS is with me all day and sometimes it is to early to take a pill so I apply this "stinky cream". It's okay when I am home alone, but very difficult to anonymously apply in public. It gives me peace just knowing it is there when I need it,

36 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHKw6VTirtiKg6gCWiKJ%2BXbjO53YPILXfb07gM%2BvNhRzAAAAAGgtOm8AAAAB&reviewId=R3N2OOOWKSEKL7)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHZ7CNRRFYHU4BMTI3XP6RL5KF4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZ7CNRRFYHU4BMTI3XP6RL5KF4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Art](https://www.amazon.com/gp/profile/amzn1.account.AHZ7CNRRFYHU4BMTI3XP6RL5KF4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***3.0 out of 5 stars* Not a cure, but may help some**](https://www.amazon.com/gp/customer-reviews/RGHDYPJNX9NV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 17, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Although definitely not a cure for RLS episodes, it may help relieve them to some extent, and after several doses. When I experience an episode (primarily knees, but sometimes also hands, wrists or ankles) I smear it on pretty heavily and go back to bed. It normally doesn't do much initially, and I have to add a second and sometimes third dose an hour or so apart and the episode starts to gradually ease up after that, whether from the multiple doses or just because it's naturally run its course by then, which it eventually does even without treatment. The first container didn't last very long. Although it's fairly expensive for what you get, I ordered a second one to continue the evaluation. After that, we'll see.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFIvt0zpLQA3%2FAOObSqbN4CIFqhMm5qUocn0dYEHo44DAAAAAGgtOm8AAAAB&reviewId=RGHDYPJNX9NV)

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[Sunny1](https://www.amazon.com/gp/profile/amzn1.account.AHRKKOYET4H4F2VBE3KFAW4CJDIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***4.0 out of 5 stars* It works!**](https://www.amazon.com/gp/customer-reviews/R3SHG4L81FVSJ1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 1, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS for what seems like forever. I even have meds from the dr. Nothing helped. I cannot believe something as simple and safe as a cream would help, but it does!

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNlkARofBAhEDDv4lfZ6ChqrsJqWW1LTihcHyTcCWV%2BHAAAAAGgtOm8AAAAB&reviewId=R3SHG4L81FVSJ1)

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[GL-607](https://www.amazon.com/gp/profile/amzn1.account.AFFXIR34XUGUHWIPVNKHQHML22NQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Has been a savior.**](https://www.amazon.com/gp/customer-reviews/R1NGA1CUR4PSOE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 28, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don’t write many reviews, but this product has been a godsend. I have suffered from RLS in my left leg for years and it has led to many restless nights leaving me exhausted by morning. Stretching and aspirin helped, but never lasted more than three hours. I apply this at bedtime and I have been sleeping like a baby for the whole night. It absorbs well and has a pleasant scent. I know it doesn’t work for everyone, but it has worked for me. I will be buying more and will continue to use it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNzjYLque6q4MZPANurHmAbcx51wl9UfrSWTpY4UuU9EAAAAAGgtOm8AAAAB&reviewId=R1NGA1CUR4PSOE)

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[Hilda ramirez](https://www.amazon.com/gp/profile/amzn1.account.AEWZBNY6YLSXMXU3MQD3D4PIHFMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Good for pregnant rls**](https://www.amazon.com/gp/customer-reviews/R26J30TM1ZVPIJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 22, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this becouse I'm 17 weeks pregnant and I've been having rls at night so it's been really hard for me to get good night sleep .. I bought this and I loved it it defenetly did what it said it would the only thing I don't like it's that I have to constantly have to be rubbing it on my legs and the jar is super small I bought it a week ago and it's already gone I wish they made bigger jars other than that it's awesome

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[[](https://www.amazon.com/gp/profile/amzn1.account.AHDZI7KGSGFFKPG3XMT32O2HFN6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHDZI7KGSGFFKPG3XMT32O2HFN6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Vivien Burley](https://www.amazon.com/gp/profile/amzn1.account.AHDZI7KGSGFFKPG3XMT32O2HFN6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* This product works great for RLS**](https://www.amazon.com/gp/customer-reviews/RKTTGDOBJIS5F/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on April 17, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've used Magnilife for years to alleviate my Restless Leg Syndrome symptoms and to relieve pain. The cream calms the nerves in my legs and allows me to sleep. And because it is homeopathic there are no side effects from toxic chemicals. I use the product every night and a jar lasts about 2 months so is a good value for the cost.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAn%2BFhLm0VFrkR77yPb5nYVJHSVHyff1rKY0vHAbYmghAAAAAGgtOnkAAAAB&reviewId=RKTTGDOBJIS5F)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AGSVOLTTIIQEP7XOI37TV7OAH4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGSVOLTTIIQEP7XOI37TV7OAH4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JeepHer](https://www.amazon.com/gp/profile/amzn1.account.AGSVOLTTIIQEP7XOI37TV7OAH4GA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Pregnant with RLS**](https://www.amazon.com/gp/customer-reviews/R36UUYZKR5HM83/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 30, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've used it two days so far but it's worked amazingly well. I wasn't sleeping for weeks because of restless leg/arm and I've slept great since I started using it. Worth a try and highly recommend!

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMPLwx75YbKnCGimXhmE9vPcPZUwY0TeHmiWW%2BckezmiAAAAAGgtOnkAAAAB&reviewId=R36UUYZKR5HM83)

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[L.L.](https://www.amazon.com/gp/profile/amzn1.account.AEH2IOCYEY5SYSI3SO63FYA7QUTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Actually works!**](https://www.amazon.com/gp/customer-reviews/RQ7IC0XDGXK5C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 24, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This actually works for me! I'm so relieved that I finally found something that works. I have RLS and it drives me crazy! I was having a rough time driving, sitting down to watch TV and even lay in bed to sleep without my legs getting that crawling feeling. Nothing worked for me, until I found this product. I purchased 1 a month ago and then ended up ordering 4 more. I just hope this never goes out if stock!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLkuq7kAqofgGdX8cHAIuJ1u%2FYy60zAAzsWpuGIx1h6MAAAAAGgtOnkAAAAB&reviewId=RQ7IC0XDGXK5C)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AFUM7XOBLJXDO4WX7HMRA6KJ3YZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUM7XOBLJXDO4WX7HMRA6KJ3YZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[T.W.A.](https://www.amazon.com/gp/profile/amzn1.account.AFUM7XOBLJXDO4WX7HMRA6KJ3YZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Terrible Packaging...Great Product But Had To Return**](https://www.amazon.com/gp/customer-reviews/R2RIKJYJA5JZS6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 3, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

From my last order... the packaging department at Amazon needs some serious packaging training!!! Why would anyone put semi-liquid products in a paper bag is beyond my comprehension.  
  
This stuff really works. My wife suffers from RLS and has been plagued with sleepless nights for some time. A friend suggested using this and in the past month she has not had a single night of lost sleep because of RSL. We were both a little skeptical but she is so glad that she tried it. It may not work for you, but it sure does a great job for my wife, it's really good stuff.

[](javascript:void(0))

10 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKeaGnNRdZugTh%2FjbrFywDSkozlei6%2FHTiYE8gnROAhgAAAAAGgtOnkAAAAB&reviewId=R2RIKJYJA5JZS6)

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[[](https://www.amazon.com/gp/profile/amzn1.account.AH7HENLAIN4MG2JR72CCU3R5436Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7HENLAIN4MG2JR72CCU3R5436Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Charlotte P.](https://www.amazon.com/gp/profile/amzn1.account.AH7HENLAIN4MG2JR72CCU3R5436Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Got fast relief from RLS the first night I used it.**](https://www.amazon.com/gp/customer-reviews/R28ZJ5IISAHREV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 14, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this just to try to see if it would work. Well let me tell you, it did the first night I used it. I read what others had written about the smell but it's really not bad. I smell lavender & Eucalyptus when I put it on. It rubs in easy & I was able to sleep for 3-4 houirs before having to get up to go pee. :) I recommend this product 100%, I know I will be ordering it again when I get low. :)

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hP0RWhyHJueJDCdMt5LSvC78GYNIbW7fyswbg53TpweIAAAAAGgtOnkAAAAB&reviewId=R28ZJ5IISAHREV)

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[NDK](https://www.amazon.com/gp/profile/amzn1.account.AETEL4FXP5IGJGTGPYEDNOWYAGSQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Finally, some relief for my RLS**](https://www.amazon.com/gp/customer-reviews/R1F0C94JZLJFYH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 23, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried so many things for my nighttime restless legs. Until now, the only thing that seemed to provide some relief was a weighted blanket. (Which I really like, but is too hot during the summer.) I was initially very skeptical that a cream like this could make any difference, but it has greatly alleviated my symptoms and helped me to sleep better.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOfWb%2BwecfUozfgSrhzH2pt6fe8BD0E2VV6FgjlwQB4lAAAAAGgtOnkAAAAB&reviewId=R1F0C94JZLJFYH)

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[4girlsmom](https://www.amazon.com/gp/profile/amzn1.account.AHG2RBZ42JPFKJQEMYOEZVYSFTIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* My 10-yr-old feels so much better!**](https://www.amazon.com/gp/customer-reviews/R13V0PFX2BGB40/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 12, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My 10-yr-old daughter has the worst restless leg syndrome that has seriously diminished her quality of life. This cream has been a huge relief for her and me! She will finally go to sleep at night and stay asleep. She is also less troubled by RLS at school so she’s more likely to go to school without crying. The smell is pleasant and it goes on smoothly and not greasy. She can do it herself. Thank you Magnilife!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHAVJlMuU2T4ASKK7nfbJPExZwBzDkfAdDnKiq2hFapyAAAAAGgtOnkAAAAB&reviewId=R13V0PFX2BGB40)

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[Concerned Consumer](https://www.amazon.com/gp/profile/amzn1.account.AELEFZWL7IRL6DIJWYXIVBY66J4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***4.0 out of 5 stars* Cream**](https://www.amazon.com/gp/customer-reviews/RPY6KG4ATC7SB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 14, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have used this cream on my legs for RLS (restless legs syndrome) for approximately 2 weeks. Sometimes it seems to give me relief - but not always. The jury is still out on this product 🙄.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGaqV1OTDCrxMYo8hakCwvAl2aBOQmqHy0xJx21mDrzSAAAAAGgtOnkAAAAB&reviewId=RPY6KG4ATC7SB)



[[](https://www.amazon.com/gp/profile/amzn1.account.AGQ4IXYNSCFE6DREPHALBRHG3VBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQ4IXYNSCFE6DREPHALBRHG3VBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Go4broke](https://www.amazon.com/gp/profile/amzn1.account.AGQ4IXYNSCFE6DREPHALBRHG3VBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***4.0 out of 5 stars* RLS relief**](https://www.amazon.com/gp/customer-reviews/R2TW2FRIFNWK6Q/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 4, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product seems to relieve Restless Leg Syndrome. I have been using this cream for the last year and satisfied that once applied, legs do feel less tingly. Helps to get sleep when RLS is active.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCvfxoNAv3W4U6FKpshagIDzfcw1cPQSP0n6hLvXABn3AAAAAGgtOnkAAAAB&reviewId=R2TW2FRIFNWK6Q)



[[](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kathleen L Cleberg](https://www.amazon.com/gp/profile/amzn1.account.AEMMRLXPV3I5QPGQRJB6MF5P3NBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[***5.0 out of 5 stars* Helps a great deal with my rls**](https://www.amazon.com/gp/customer-reviews/R1UXXG6T9V7CW8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 8, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the first thing I go to when the rls starts. The majority of the time it works. If it doesn’t I’ll use a topical medicine and, if that doesn’t work, cold packs.

3 people found this helpful

* Reviewed in the United States on November 30, 2017

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a wonderful product that has worked well for me. The only drawback is that it's really cold going on but it stops my RLS which has disturbed my sleep for months. I did not think there was a solution to this problem and I'm skeptical of online claims, but I was desperate for relief. The first time I used it I was able to sleep through the night. I don't know if it works this well for everyone, but for the price it's certainly worth a try.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG70l8A2%2FAtA7jMxScwtjf7a3vYqx82G5c8gPqPao1cqAAAAAGgtOoQAAAAB&reviewId=R1UUXJPOB3M7MH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERDYWKUE5P3MNPSKZ77EUWCSEDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERDYWKUE5P3MNPSKZ77EUWCSEDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mike](https://www.amazon.com/gp/profile/amzn1.account.AERDYWKUE5P3MNPSKZ77EUWCSEDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't notice a difference](https://www.amazon.com/gp/customer-reviews/R1DTMENDRN9MR9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 13, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS, this didn't help me. The only thing that helps me is not falling behind on sleep, lifting weights like squats, reducing stress.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIgKeouKv2WMe7Y4fRnHB7DiysmJiPhiVCAaGmL%2FqlZ8AAAAAGgtOoQAAAAB&reviewId=R1DTMENDRN9MR9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF6BIF4D4IUEJYIEFMJDR4OP5P3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF6BIF4D4IUEJYIEFMJDR4OP5P3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alivia](https://www.amazon.com/gp/profile/amzn1.account.AF6BIF4D4IUEJYIEFMJDR4OP5P3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works almost instantly](https://www.amazon.com/gp/customer-reviews/R1E9BNURC3F7F5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 29, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I didn’t think a cream would work for my restless leg syndrome, on the contrary it provided comfort almost instantly. I’ve had RLS since I was 15 and have finally found a convenient, affordable fix.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJjO2w7WGiTanZSp5fz66eA2gRkOnr%2Bsriz1Wv4Ec1wCAAAAAGgtOoQAAAAB&reviewId=R1E9BNURC3F7F5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGEMC5AYF6F2WKDD2NN6B6HLM7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGEMC5AYF6F2WKDD2NN6B6HLM7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ferne Franz](https://www.amazon.com/gp/profile/amzn1.account.AGEMC5AYF6F2WKDD2NN6B6HLM7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing relief](https://www.amazon.com/gp/customer-reviews/R2STPD4S8QTATW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 16, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I thought the price was right and worth trying. Neuropathy and/or RLS had kept me up nights, and not wanting to add any more pills, took a chance and bought it. Will reorder! Very soothing with immediate relief from muscle twitches and pain. I highly recommend this product!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIa8IUeM4q%2FCnKi5nOEeG1k2cQPAsOPz%2Fjx%2BzSIE2TDVAAAAAGgtOoQAAAAB&reviewId=R2STPD4S8QTATW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEETRMRTNSDW6N4MOVST2OPR5TNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEETRMRTNSDW6N4MOVST2OPR5TNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DREW](https://www.amazon.com/gp/profile/amzn1.account.AEETRMRTNSDW6N4MOVST2OPR5TNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relieved RLS due to Pregnancy and no residue!](https://www.amazon.com/gp/customer-reviews/R3629G3372RHFL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 10, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was recommended to me after suffering with restless legs during pregnancy. It works within 30 minutes of application and the lotion absorbs completely into my skin leaving no residue/sticky feeling

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBYCYDADkIjo5YX76xO1tHAcNCSXiz8cGtzsHC85Ia0BAAAAAGgtOoQAAAAB&reviewId=R3629G3372RHFL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELPTARQMWVFNOY5RZMS2HVRZNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELPTARQMWVFNOY5RZMS2HVRZNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AELPTARQMWVFNOY5RZMS2HVRZNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relieves RLS symptoms!!](https://www.amazon.com/gp/customer-reviews/R3H37PKX6BJJKE/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 8, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This cream is amazing. I have been suffering from restless legs for a few years now and when it flares it is horrible. I am so glad I found this product to try as it really does ease the constant feeling of twitching and restlessness. I have also purchased this for my dad who has suffered for years also and he also loves the product. I have purchased it many times!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK55qJq8I%2FJx6jTF2LHkBC2lkQdB84oHJG4ewzOxELi5AAAAAGgtOoQAAAAB&reviewId=R3H37PKX6BJJKE)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELGUWZSSIAILWDUJ2KFXBRNQA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELGUWZSSIAILWDUJ2KFXBRNQA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Fidelis508](https://www.amazon.com/gp/profile/amzn1.account.AELGUWZSSIAILWDUJ2KFXBRNQA3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Fantastic RLS Relief!](https://www.amazon.com/gp/customer-reviews/R3B9Z4457Y28LJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 3, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My father suffered a stroke resulting in an increase of RLS. He could not settle down and spent endless nights fidgeting. Applying this cream helped him immensely! I definitely recommend. The cream was applied nights and lasted for about 1.5 months. He is on his second jar. Well worth it! Everyone was finally able to get some sleep!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDoJJzeKrYtwKpCNZfGwYyN5NkoH9OzScZxvYCSh3kx8AAAAAGgtOoQAAAAB&reviewId=R3B9Z4457Y28LJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEANFZYXDMGBNAJA4HJ64X3LWEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEANFZYXDMGBNAJA4HJ64X3LWEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nicholae](https://www.amazon.com/gp/profile/amzn1.account.AEANFZYXDMGBNAJA4HJ64X3LWEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well](https://www.amazon.com/gp/customer-reviews/R108DB0D87IT9W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on September 9, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have used this product for about 3 years. I have Restless legs Syndrome symptoms from time to time. Massage this product into the legs and relief is almost immediate for me. My mother has been diagnosed with RLS and takes medication daily to control hers. I got her some of this for when she forgets to take the meds and is works well for her also.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFiYnJO0%2FfOOuas%2BzBv87agMqKB4HtM09BJhlyl3wEYiAAAAAGgtOoQAAAAB&reviewId=R108DB0D87IT9W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH2NMM3OLQ4HAPTEB4WN3OG43GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH2NMM3OLQ4HAPTEB4WN3OG43GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Giner](https://www.amazon.com/gp/profile/amzn1.account.AH2NMM3OLQ4HAPTEB4WN3OG43GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Actually helps](https://www.amazon.com/gp/customer-reviews/R1H7MTNGO2JCKO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 19, 2017

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a horrible case of RLS and am on several medications. This cream is a real help on those nights when even my medication cocktail isn't doing the job. I rotate with a couple of other creams, because as most people with RLS know, nothing works every time, but this one works the best and most often. My teenager also has RLS, but a much less severe case, and this cream alone helps him.

10 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAFm4QyGyaij3Vol52VVo5PXLQqvbW6O%2FfQWh26dGyqTAAAAAGgtOoQAAAAB&reviewId=R1H7MTNGO2JCKO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHSRTLEKCAPWHVFIK6DW2QGH5SHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHSRTLEKCAPWHVFIK6DW2QGH5SHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[StephMac511](https://www.amazon.com/gp/profile/amzn1.account.AHSRTLEKCAPWHVFIK6DW2QGH5SHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Made a bad problem worse](https://www.amazon.com/gp/customer-reviews/R60WDNAAMT1RP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 6, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband suffers badly from RLS. He followed the instructions on the jar and this product made it worse. He didn’t sleep all night and the sensation was intensified.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKCFwTh68lzVJOPiZ%2FAyW1%2Fe04xuW%2FZwJZHWcM0dOrj9AAAAAGgtOoQAAAAB&reviewId=R60WDNAAMT1RP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AESI4T6YZAVVU2DTIJ5MY6MPNXZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AESI4T6YZAVVU2DTIJ5MY6MPNXZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Frank Demski](https://www.amazon.com/gp/profile/amzn1.account.AESI4T6YZAVVU2DTIJ5MY6MPNXZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This is the best product I have ever used](https://www.amazon.com/gp/customer-reviews/R2N92Q9IRMOFR3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 10, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the best product I have ever used...bar none.  
I am a 65 year old male with diabetes.I suffered for years with RLS. Nothing the doctor gave me relief, including Lyrica.  
I saw an ad for this product and then found it in a major drug store. I bought my first jar and the relief was amazing.  
I will never be without a jar of Restless Leg Cream again.  
.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD6RopotBMAW9VNbOaTumhV1Gz4ug%2BP8f8w57zJ2rNViAAAAAGgtOpEAAAAB&reviewId=R2N92Q9IRMOFR3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[HC](https://www.amazon.com/gp/profile/amzn1.account.AE2L3LP3IBJQZHAFL3T2VWLC7PRQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really works](https://www.amazon.com/gp/customer-reviews/RX1TRQPVMZS56/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 29, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Get this for my husband who has RLS so bad that it wakes him up. Put this on and he sleeps thru the night. His legs are still.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFcUr5x0f9YXEnPbtqcmLY4xh5zQDFlBxUFkF1J8vYV%2BAAAAAGgtOpEAAAAB&reviewId=RX1TRQPVMZS56)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3I6RROHMPCLF27K3QB4WVL7UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3I6RROHMPCLF27K3QB4WVL7UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cypridopsis](https://www.amazon.com/gp/profile/amzn1.account.AH3I6RROHMPCLF27K3QB4WVL7UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not work for me](https://www.amazon.com/gp/customer-reviews/R3F4IENA42FLBU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 23, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I usually use a different brand for RLS but tried MagniLife because of high average rating. I am recovering from total knee replacement surgery and as my nerves start to reconnect, I am experiencing sensations very similar to RLS in addition to pain and involuntary jerking and twitching of the leg and foot mostly when I try to sleep. Because what I am experiencing is not a true RLS, even my usual brand does not always work. But MagniLife cream did not work at all (tried 5 times). I also tried it on my other knee when RLS flared up, and it did not work for me. I heard what works for RLS is rather idiosyncratic and varies from person to person.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH5vVT%2Bia1nao0c4TUaxJmDoXdhwGDNsJ%2F8QmzCUxMEHAAAAAGgtOpEAAAAB&reviewId=R3F4IENA42FLBU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFAUJV35JZNLQITHOIBTO74VMJJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFAUJV35JZNLQITHOIBTO74VMJJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dale Haddon](https://www.amazon.com/gp/profile/amzn1.account.AFAUJV35JZNLQITHOIBTO74VMJJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It works.](https://www.amazon.com/gp/customer-reviews/R1FN6HXUBUK6FN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on September 9, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used it for RLS..

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNa%2Fgn9kihcFSftLLqQg8cqnzYWUyEGzgYvcPILTN2KwAAAAAGgtOpEAAAAB&reviewId=R1FN6HXUBUK6FN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOMUMFARJQC4TZ3ILJQL6YBJR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOMUMFARJQC4TZ3ILJQL6YBJR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jane L.](https://www.amazon.com/gp/profile/amzn1.account.AFOMUMFARJQC4TZ3ILJQL6YBJR2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did nothing for RLS](https://www.amazon.com/gp/customer-reviews/R3QES59CA53HRH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 7, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Legs started the nightly jumpy feeling so I rubbed this cream on both my legs and feet, as directed. It did absolutely nothing. Really disappointed.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDAp%2B2oxo5GECKuQ7idKjKKbXFOebkFSzB55aW3XGACNAAAAAGgtOpEAAAAB&reviewId=R3QES59CA53HRH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGWEKZFARRHSLE4Y5OEDOHQ3GVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGWEKZFARRHSLE4Y5OEDOHQ3GVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mike R. Lucas](https://www.amazon.com/gp/profile/amzn1.account.AEGWEKZFARRHSLE4Y5OEDOHQ3GVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* No RLS relief](https://www.amazon.com/gp/customer-reviews/R2OC9DJ5OD0J3B/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 25, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If you have RLS you will try anything to see if it works. We'll I tried this and unfortunately did nothing for my RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNNYIntphBrljMBI4LN%2BobJC2caT8hGdTH8uO5tgLwrsAAAAAGgtOpEAAAAB&reviewId=R2OC9DJ5OD0J3B)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Malinda Dillon](https://www.amazon.com/gp/profile/amzn1.account.AEYEDU73CCFQWN5NKGQCMNTS2RBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R1KFAN5RSA4J5A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 10, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and this works great. My husband has osteoarthritis and his hands hurt him so much, and this works great for him also. This MgniLife is his miracle in a jar.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGdyFiQBiL%2Fp21y2BaDEHUf6jFSpL3cVdNgr5iwA8YyZAAAAAGgtOpEAAAAB&reviewId=R1KFAN5RSA4J5A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHA5KGVTWDTKAPW5V5OABWPGDPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHA5KGVTWDTKAPW5V5OABWPGDPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Blackhawkscubs78](https://www.amazon.com/gp/profile/amzn1.account.AHA5KGVTWDTKAPW5V5OABWPGDPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing](https://www.amazon.com/gp/customer-reviews/R2T67EWU8I09VZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 12, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My mom has restless leg syndrome this def works trust me buy it Parkinson’s sucks but this provides relief From RLS buy it .

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBkFkj%2BPkfnnwBTE8cGaLjkmPtBid8%2BAsHpu5yBsQNiXAAAAAGgtOpEAAAAB&reviewId=R2T67EWU8I09VZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECWOWQOUJ7T4O7Y7UFT7FFJS22Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECWOWQOUJ7T4O7Y7UFT7FFJS22Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[VeeGeeBee](https://www.amazon.com/gp/profile/amzn1.account.AECWOWQOUJ7T4O7Y7UFT7FFJS22Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* waste of my money](https://www.amazon.com/gp/customer-reviews/RSKI6YBP7UMPF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 31, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had hopes that this might slow down my RLS symptoms at nite, did absolutely nothing for me. It has a strong scent, more like regular pain relievers. Not unpleasant IMO. But, didn't do anything with my RLS, will stick with the Ropy pills.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDuDpz5RifiyxtGy%2FmqtMyV4TxcZzoN0TXkzMkP1sBQMAAAAAGgtOpEAAAAB&reviewId=RSKI6YBP7UMPF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZNJFCVCBNYKPVJF55VFEDERGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZNJFCVCBNYKPVJF55VFEDERGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Beatrice Bates](https://www.amazon.com/gp/profile/amzn1.account.AHZNJFCVCBNYKPVJF55VFEDERGUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best RLS product!!!](https://www.amazon.com/gp/customer-reviews/R2COM5VK1F49BI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on April 8, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the greatest product EVER!! I suffer from bad RLS and this stops it instantly and allows me to get to sleep. I am so forever grateful for this product!!

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHNGNCNB3ARZY3Q6PAN6NFKNLGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHNGNCNB3ARZY3Q6PAN6NFKNLGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cullen Gasser](https://www.amazon.com/gp/profile/amzn1.account.AHHNGNCNB3ARZY3Q6PAN6NFKNLGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Caused me to have middle of the night Charley horses.](https://www.amazon.com/gp/customer-reviews/RPKLLNIFU06Z2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 26, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this product yo help with my RLS caused by anemia. It actually made my legs feel worse. Every night other then once I woke up suddenly due to calf Charley horses and had lingering tension in the same spots the next day. Felt like it could cramp up again at any moment. The application is good, absorbs quickly, and doesn't smell badly it just didn't work for my particular situation.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOao8Nl%2BPyo4lCt3lY0tDNGO2bDvUIr4B5bNzul9JbHEAAAAAGgtOpoAAAAB&reviewId=RPKLLNIFU06Z2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5FNE3ENZHV4YMMSCDVSZIPU4FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5FNE3ENZHV4YMMSCDVSZIPU4FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CrystalwillShine](https://www.amazon.com/gp/profile/amzn1.account.AG5FNE3ENZHV4YMMSCDVSZIPU4FQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing RLS Relief!](https://www.amazon.com/gp/customer-reviews/R1KC3SSZA68CB9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 9, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Smells great, absorbs quickly and works almost instantly. Finally getting a restful sleep with hardly any twitching and kicking. No more tired and sore legs in the morning!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO952I1qi7adTj%2BmY4%2BVaUj%2BmE468DphwqorzDC2N1%2FWAAAAAGgtOpoAAAAB&reviewId=R1KC3SSZA68CB9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2BS5OQPNYMNHSCV2IC44G6U3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2BS5OQPNYMNHSCV2IC44G6U3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JudiH](https://www.amazon.com/gp/profile/amzn1.account.AF2BS5OQPNYMNHSCV2IC44G6U3LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Pain Relirver](https://www.amazon.com/gp/customer-reviews/RWMX9HGJD3T2T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 9, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Great consistency and helps tremendously for RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hN45EWEISoTeOzJmSaH2%2Bc7GfAI7gFOP4DwYBRPP1YiRAAAAAGgtOpoAAAAB&reviewId=RWMX9HGJD3T2T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AES3JOIFCWRBGKY3QB2IPHOT7DCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AES3JOIFCWRBGKY3QB2IPHOT7DCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cynda Tanner](https://www.amazon.com/gp/profile/amzn1.account.AES3JOIFCWRBGKY3QB2IPHOT7DCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps my restless legs calm down.](https://www.amazon.com/gp/customer-reviews/R3F1Q5A73YJ9N/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 5, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Use it for my RLS problems. It really helps with that.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMa1Df8CGEG%2FoCkCe4mJpOdI9iK%2Fspr9ygOpJ1Tzi%2BlsAAAAAGgtOpoAAAAB&reviewId=R3F1Q5A73YJ9N)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJPLMZYVCJ6E2IP7Q5MZKHAF5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJPLMZYVCJ6E2IP7Q5MZKHAF5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Furmomma](https://www.amazon.com/gp/profile/amzn1.account.AHJPLMZYVCJ6E2IP7Q5MZKHAF5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Awesome cream](https://www.amazon.com/gp/customer-reviews/R29RQNNZ2QEEXO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 4, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this cream, helps my RLS and helps me sleep. There is no smell and absorbs quickly with no oily feel.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFqlwhIR96eNQbvJfNdmlamkEE1fdkZ8qxmeyvgtymWOAAAAAGgtOpoAAAAB&reviewId=R29RQNNZ2QEEXO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AESTJNGQ3SBNFXVTYDIOAQYTIDPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AESTJNGQ3SBNFXVTYDIOAQYTIDPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ME2CARE4](https://www.amazon.com/gp/profile/amzn1.account.AESTJNGQ3SBNFXVTYDIOAQYTIDPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works !](https://www.amazon.com/gp/customer-reviews/R3ESHOW11J6BHG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 9, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This helps with my RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHv0WQPPATuUjekbXarVdOWJzWDUSnR5H6lv6IYXl0dPAAAAAGgtOpoAAAAB&reviewId=R3ESHOW11J6BHG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3NHQEILIIHCGJTKDK3YUEQ2EZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3NHQEILIIHCGJTKDK3YUEQ2EZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[William Renick](https://www.amazon.com/gp/profile/amzn1.account.AE3NHQEILIIHCGJTKDK3YUEQ2EZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Not a good value.](https://www.amazon.com/gp/customer-reviews/R39WC7WWSOOM0Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on January 4, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS at night. This cream works only part time. It's very expensive for the relief I get.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMv1d4FqUjs9S5%2B3lxjVqk1AvU4j3wQxeuTMU%2FAuk0ACAAAAAGgtOpoAAAAB&reviewId=R39WC7WWSOOM0Z)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGHEIPNA4P2GO4GRPFOXDP2PQKIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGHEIPNA4P2GO4GRPFOXDP2PQKIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[marcusli55](https://www.amazon.com/gp/profile/amzn1.account.AGHEIPNA4P2GO4GRPFOXDP2PQKIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazingly effective](https://www.amazon.com/gp/customer-reviews/R2GEOBTUZ4V5BS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 22, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My wife suffers from both RLS and fibromyalgia, and this product has been a lifesaver for her — especially in the evening when the pain flares up and she’s trying to wind. The cream does the trick!

63 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEOuGrF1yB2l8tL%2FKKJc%2B7F4SaChPXqM8GMjDQZUujk7AAAAAGgtOpoAAAAB&reviewId=R2GEOBTUZ4V5BS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFYJFN3ETUZ6E65UYFOQ4F4A43YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFYJFN3ETUZ6E65UYFOQ4F4A43YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SMD](https://www.amazon.com/gp/profile/amzn1.account.AFYJFN3ETUZ6E65UYFOQ4F4A43YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* SEEMS TO WORK WELL (UPDATE)](https://www.amazon.com/gp/customer-reviews/R18MJKD93P7E8J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 5, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Not sure how this cream works but it seems to....been using for around 2 weeks and is working OK so far, have just ordered another jar to be sure I have enough to last a while and give it a good test, Based on this I would recommend for anyone who has RLS any relief from this distressing condition is a bonus.  
UPDATE.  
Have now used the cream for a while but it does not seem to work so well for me now so I am very disappointed, will not be using this anymore.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGukqflkbbXtL4Bye4E8sMkqwyLxZud1x60P8DugV9o5AAAAAGgtOpoAAAAB&reviewId=R18MJKD93P7E8J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWDFM4HK42OEC2P2Y3ACC6KE77A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWDFM4HK42OEC2P2Y3ACC6KE77A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alice Shaffer](https://www.amazon.com/gp/profile/amzn1.account.AHWDFM4HK42OEC2P2Y3ACC6KE77A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Relief](https://www.amazon.com/gp/customer-reviews/RSE6LSAJU76MF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 26, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have Restless Leg syndrome. This cream really works to relax my legs so I can sleep.

One person found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAXSAFSLPPOH5753BGFFQ5FMWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAXSAFSLPPOH5753BGFFQ5FMWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SAN](https://www.amazon.com/gp/profile/amzn1.account.AGAXSAFSLPPOH5753BGFFQ5FMWBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Cure for RLS](https://www.amazon.com/gp/customer-reviews/R2892NAAW7TKHK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 20, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stops my RLS within minutes.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHBJ%2FdYeuUiNqAXgmsvpVysZOb67O667rOLWeieczADqAAAAAGgtOqEAAAAB&reviewId=R2892NAAW7TKHK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHRBK6CX7ZULE5OSCLSMZFPD6JHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHRBK6CX7ZULE5OSCLSMZFPD6JHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Wanizame](https://www.amazon.com/gp/profile/amzn1.account.AHRBK6CX7ZULE5OSCLSMZFPD6JHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Nice Cream for RLS.](https://www.amazon.com/gp/customer-reviews/R2293JV6QLNU8Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 13, 2017

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I kept getting Fits of RLS in the middle of the night, which would wake me up and make it rather impossible to go back to bed.  
Applying this cream b4 going to bed helps, and it's effects seem to last about 8 hours.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJN2Oijw3z%2BeRCp4aC%2BNy1yLdkmNKf%2Bpaa%2Bqc7LJVxTAAAAAAGgtOqEAAAAB&reviewId=R2293JV6QLNU8Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWGBRDOPL4EVEZSAQOHGESZQW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWGBRDOPL4EVEZSAQOHGESZQW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ginger lebret](https://www.amazon.com/gp/profile/amzn1.account.AHWGBRDOPL4EVEZSAQOHGESZQW3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* My go-to savior when my RLS kicks up](https://www.amazon.com/gp/customer-reviews/R3CW6JFHDMBQOU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 22, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome really bad and these products from this particular line work amazing on my legs. The cream is my absolute go to when my RLS kicks up.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKJ68pFpDZmuInTaPw0ZiUXGboP269Nc7losyBBwnLdAAAAAAGgtOqEAAAAB&reviewId=R3CW6JFHDMBQOU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEDFZ6T4HVCF2VQEWM345UX2VZ4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEDFZ6T4HVCF2VQEWM345UX2VZ4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[lazyal](https://www.amazon.com/gp/profile/amzn1.account.AEDFZ6T4HVCF2VQEWM345UX2VZ4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Helped a little..](https://www.amazon.com/gp/customer-reviews/R28CWWMORVI59Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 26, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I did notice a small improvement in my RLS symptoms but not much more. In truth I really didn't expect a $15 ointment to cure a neurological disorder that I've had for 40 years.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBKiWsJlqwENxspc%2FvmlnZMCt53aByXj4LVIbPHWzhWmAAAAAGgtOqEAAAAB&reviewId=R28CWWMORVI59Z)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHS4S3QKMRMLVCH45JBARJSVJFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHS4S3QKMRMLVCH45JBARJSVJFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[lavonne payne](https://www.amazon.com/gp/profile/amzn1.account.AEHS4S3QKMRMLVCH45JBARJSVJFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product](https://www.amazon.com/gp/customer-reviews/R2JSHBDWM29Y69/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 15, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Easy my RLS recommend

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNxaOohOAOduNZLaHLWLr%2FJrNHjKrRXROkN6sdX9AUhrAAAAAGgtOqEAAAAB&reviewId=R2JSHBDWM29Y69)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECUCAJFRKF4QLQ3C6O7IKMTRK5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECUCAJFRKF4QLQ3C6O7IKMTRK5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mollie](https://www.amazon.com/gp/profile/amzn1.account.AECUCAJFRKF4QLQ3C6O7IKMTRK5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Wonderful RLS pain relief](https://www.amazon.com/gp/customer-reviews/RBSC3EPM8BH5J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 31, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Eased my RLS immediately

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGu0%2B6%2BCN2uVCD2lbU7ubAMfahD%2B8ow6CluKLkgqFJPuAAAAAGgtOqEAAAAB&reviewId=RBSC3EPM8BH5J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4PZ5VX37WU2BH5D7KSUKK2V33A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4PZ5VX37WU2BH5D7KSUKK2V33A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heat surge](https://www.amazon.com/gp/profile/amzn1.account.AF4PZ5VX37WU2BH5D7KSUKK2V33A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1R0CJ2TA5SBP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 8, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been using this product for years to mitigate restless leg syndrome.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJdtTjOyCFLVhR53fXiMdvomEZa%2F%2F9693t8yApvgsJLHAAAAAGgtOqEAAAAB&reviewId=R1R0CJ2TA5SBP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERR3Q4NHUHGJNARFOSBG66QFFFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERR3Q4NHUHGJNARFOSBG66QFFFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JH](https://www.amazon.com/gp/profile/amzn1.account.AERR3Q4NHUHGJNARFOSBG66QFFFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* RLS Cream](https://www.amazon.com/gp/customer-reviews/R1UW8F2FLY9DEL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 14, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was trying this for my Restless Legs. It didn’t help at all. After reading the reviews I was willing to give it a try, which I did.  
  
As stated above, it didn’t work for me

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMdHEHXjBM4uCbjm97uPOoLS1v6bmsB8L4IpLl2rAHURAAAAAGgtOqEAAAAB&reviewId=R1UW8F2FLY9DEL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFHOM53H37VBZXXAMDA4QYS335QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFHOM53H37VBZXXAMDA4QYS335QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ien](https://www.amazon.com/gp/profile/amzn1.account.AFHOM53H37VBZXXAMDA4QYS335QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Try it urself for better review.....](https://www.amazon.com/gp/customer-reviews/RC9GLOT7NBNWW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on January 7, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It just didn't work for my RLS. pain relief and I was very disappointed. Have other products from ML that were good so I was anxious to use this :( :( \_not happy.  
But I do believe each person is different so try it.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK8iM9SiMJDnSqTSNaekT%2FVCx0O5YFzx0hoHvSA6njXMAAAAAGgtOqEAAAAB&reviewId=RC9GLOT7NBNWW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJKSBDIWWP6FUEWBZZRK6LDB3DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJKSBDIWWP6FUEWBZZRK6LDB3DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[patch, stray, squeaky, cookie](https://www.amazon.com/gp/profile/amzn1.account.AHJKSBDIWWP6FUEWBZZRK6LDB3DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* rls cream](https://www.amazon.com/gp/customer-reviews/R2ZEGURQ5RUYP8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 31, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

seems to help....not sure yet!

[[](https://www.amazon.com/gp/profile/amzn1.account.AGF3MXA2YRWLBPHEV2APVURTM46Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGF3MXA2YRWLBPHEV2APVURTM46Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Janet R.](https://www.amazon.com/gp/profile/amzn1.account.AGF3MXA2YRWLBPHEV2APVURTM46Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1SV28BJF6SUWI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 4, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Save your money.  
I bought this cream for my restless leg syndrom.  
It does not work

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJJFEVleycTQ1dGrz%2FNpgFevAULDU3YlZ%2BDV8Orb%2BMCsAAAAAGgtOqsAAAAB&reviewId=R1SV28BJF6SUWI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHPH2A7I5IQMGPE643XLAL7KRDNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHPH2A7I5IQMGPE643XLAL7KRDNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lisa](https://www.amazon.com/gp/profile/amzn1.account.AHPH2A7I5IQMGPE643XLAL7KRDNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* ineffective for bf](https://www.amazon.com/gp/customer-reviews/R292AETTFZJ80G/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on May 7, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

got it for my boyfriends rls and it’s not effective at all. i personally don’t mind the scent and think it smells kinda nice, my boyfriend on the other hand, dislikes the scent and i find that very common with this product. his restless leg syndrome is consistent even if we apply it multiple times.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFZz2fzhB0ZwXr%2BlRg7Dzb%2BJoOM8n1fKB6FLMxscPaoZAAAAAGgtOqsAAAAB&reviewId=R292AETTFZJ80G)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGC2FCYHOLTY65H2GRGUVEZOR75Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGC2FCYHOLTY65H2GRGUVEZOR75Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nan S.](https://www.amazon.com/gp/profile/amzn1.account.AGC2FCYHOLTY65H2GRGUVEZOR75Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* HELPS RLS](https://www.amazon.com/gp/customer-reviews/R2A1672YC5BOZ0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on September 19, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have tried several products. I think this one helps RLS more than others.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKz921OjX1SIWGnVpyAKW%2Bl39k6WmLLJTs11gLK%2FS5LaAAAAAGgtOqsAAAAB&reviewId=R2A1672YC5BOZ0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQRMQ7GUCTPRLK4J34SK6Q34MLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQRMQ7GUCTPRLK4J34SK6Q34MLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rajheem Hannibal](https://www.amazon.com/gp/profile/amzn1.account.AGQRMQ7GUCTPRLK4J34SK6Q34MLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really helps with RLS](https://www.amazon.com/gp/customer-reviews/R1EJOW7ILCR0WH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 9, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It's as good as advertised

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO0QP2eHWmvuE5L4gfHU2%2BzxAGdPUwmsfoQETnvcvajjAAAAAGgtOqsAAAAB&reviewId=R1EJOW7ILCR0WH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFORWDQ5EOS3XIZUXRBMI3M7UF7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFORWDQ5EOS3XIZUXRBMI3M7UF7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[AMC](https://www.amazon.com/gp/profile/amzn1.account.AFORWDQ5EOS3XIZUXRBMI3M7UF7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* May work well on lighter cases](https://www.amazon.com/gp/customer-reviews/RBFHZWV9UV4D/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 18, 2017

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Can work well on lighter cases of RLS. Tougher cases may find some brief, initial benefit. The variations in people make predictions hard.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCMsRGwOSr9eFNWxvIWcFdF1pMpqbnsoQwAg0mQpoMkFAAAAAGgtOqsAAAAB&reviewId=RBFHZWV9UV4D)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNSJLQKVSS2T2RIOP5T66FTGDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNSJLQKVSS2T2RIOP5T66FTGDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[VICKIE BILSKIE](https://www.amazon.com/gp/profile/amzn1.account.AGNSJLQKVSS2T2RIOP5T66FTGDTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Restless Leg](https://www.amazon.com/gp/customer-reviews/R3TRBASIVSUX4J/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on January 31, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This cream offers no relief of any kind for RLS!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHZThZ0y4%2F7cAtXcRHqIKyTKE3RIogHTEWMujGhCmi14AAAAAGgtOqsAAAAB&reviewId=R3TRBASIVSUX4J)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVM7G243K6UZHZIHWNKGRQFJU7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVM7G243K6UZHZIHWNKGRQFJU7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[LJ](https://www.amazon.com/gp/profile/amzn1.account.AEVM7G243K6UZHZIHWNKGRQFJU7A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Not for me!](https://www.amazon.com/gp/customer-reviews/R3PBP4V0YLN2S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 28, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Tried it for my RLS...it just didn't work for me...

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hECqjjIsQSJTPvsJaPXDYr8cLmOvx1j%2FzvL%2BjcQGvGZTAAAAAGgtOqsAAAAB&reviewId=R3PBP4V0YLN2S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE3CDWDQ3JTGUNYLVNRGXSWZHQ6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE3CDWDQ3JTGUNYLVNRGXSWZHQ6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[germangirl](https://www.amazon.com/gp/profile/amzn1.account.AE3CDWDQ3JTGUNYLVNRGXSWZHQ6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not help.....](https://www.amazon.com/gp/customer-reviews/R303HTUTCQ52ZJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on April 11, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought this creme with hope it would help my RLS. It worked about an hour, then my RLS was back.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLyf%2FwZxstSwsWomgOm7d0ds6a7zyxlazz6NqDFpa6OXAAAAAGgtOqsAAAAB&reviewId=R303HTUTCQ52ZJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHKS5KUAKGXSWIN2DPKRZ2Y4KZZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHKS5KUAKGXSWIN2DPKRZ2Y4KZZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DannyDv](https://www.amazon.com/gp/profile/amzn1.account.AHKS5KUAKGXSWIN2DPKRZ2Y4KZZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn’t relieve RLS](https://www.amazon.com/gp/customer-reviews/R136D4LL8H2R6M/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 13, 2023

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Didn’t do the job of relieving RLS and I took it to my dr sleep medicine and he never heard of the ingredients before.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHECfcned6ZgpgFPZftwcn%2FonLySaceh4CFpXWwf2g%2F2AAAAAGgtOqsAAAAB&reviewId=R136D4LL8H2R6M)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERHJCHT52JCNWAWV7MHCMQGQYMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERHJCHT52JCNWAWV7MHCMQGQYMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Theresa Duran](https://www.amazon.com/gp/profile/amzn1.account.AERHJCHT52JCNWAWV7MHCMQGQYMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Highly recommend!! Wonderful product!](https://www.amazon.com/gp/customer-reviews/R12YACUPPT37H5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 17, 2024

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

Worked miracles for me! I have RLS. I don't have an urge to move my legs while sleeping. They jerk and move on their own, which wakes me. It's horrible! This cream is amazing! I rub it on my legs from the knee down, ankle and the top of my foot. After just a couple of minutes my legs a wonderful gentle heaviness and sleep the rest of night. There are two issues. It's a little expensive to use every night, so I use it when I think it might be bad or when the jerking wakes me up. It also takes a while to dry.

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWGT67WHALA7P45TZQEVXRGZDBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWGT67WHALA7P45TZQEVXRGZDBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[D. P. Alford](https://www.amazon.com/gp/profile/amzn1.account.AFWGT67WHALA7P45TZQEVXRGZDBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not deliver relief …](https://www.amazon.com/gp/customer-reviews/R1I99GKO7Q0DIG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on February 5, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not deliver any significant relief for my RLS. Poor value… only active ingredient that I believe would provide any relief is benzocaine.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI0eCPFZ237hU91jwhpgnPseR9Ko1LhEODRh2IVQYvwlAAAAAGgtOrMAAAAB&reviewId=R1I99GKO7Q0DIG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHE76ZQCZDNHJM6RBEIVWN74D7VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHE76ZQCZDNHJM6RBEIVWN74D7VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Blake](https://www.amazon.com/gp/profile/amzn1.account.AHE76ZQCZDNHJM6RBEIVWN74D7VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesnt work](https://www.amazon.com/gp/customer-reviews/R2KAZNBMAI3DBA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 20, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Sadly my RLS is so bad that this product doesnt work for me :( even with compression socks/compression bandages following the cream

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNIrDyafZ2b7zJUyBl%2F8CKQpbtBgx2lwFstyk7B2KrEKAAAAAGgtOrMAAAAB&reviewId=R2KAZNBMAI3DBA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE743U6WOBGZVFFRM36WUAP6Z5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE743U6WOBGZVFFRM36WUAP6Z5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[angel gifft](https://www.amazon.com/gp/profile/amzn1.account.AE743U6WOBGZVFFRM36WUAP6Z5UA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* i have terrible rls and this must be for light cases](https://www.amazon.com/gp/customer-reviews/R3L7XV6H8J7XW2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on September 12, 2017

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

i have terrible rls and this must be for light cases, id have to use all of it at once

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMN4baGQIHC5aa3Zzn6txofopqaJmKlfWZFdTNG5UKNnAAAAAGgtOrMAAAAB&reviewId=R3L7XV6H8J7XW2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHMK7POXY36VB2QAP2HPFVFWJXTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHMK7POXY36VB2QAP2HPFVFWJXTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[RICHARD C.](https://www.amazon.com/gp/profile/amzn1.account.AHMK7POXY36VB2QAP2HPFVFWJXTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Weak](https://www.amazon.com/gp/customer-reviews/RLYX7LYAPHSXI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 3, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Not to impressed, used it 5 times for RLS and it didn’t do a thing so be cautious. Maybe it will work for you???.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH7Z5qR4zWJqiOSaBGYNjad%2BKuMlTNaRRIe7t5p72wmZAAAAAGgtOrMAAAAB&reviewId=RLYX7LYAPHSXI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFSCCDWWVFEFODL74BWD352QBONQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFSCCDWWVFEFODL74BWD352QBONQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AFSCCDWWVFEFODL74BWD352QBONQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works great for RLS](https://www.amazon.com/gp/customer-reviews/R31TVI241A3ZBN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 9, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It works for RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFP7KQ7BIwRh6PAR9QXNJMnKw3O7d6Y0cFeeUx2r08bCAAAAAGgtOrMAAAAB&reviewId=R31TVI241A3ZBN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQXBCI44E22PL6CIMRAEAL22MAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQXBCI44E22PL6CIMRAEAL22MAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nanita Pittington](https://www.amazon.com/gp/profile/amzn1.account.AGQXBCI44E22PL6CIMRAEAL22MAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn’t work!](https://www.amazon.com/gp/customer-reviews/R3NYOKGO3T23E2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 27, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The jar is only half full and does absolutely nothing to relieve my RLS. I’ll never buy it again.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBvFvnDOnQ6NTnhfPJr80Ezev9RQDhY%2BnUZd3MB2vK27AAAAAGgtOrMAAAAB&reviewId=R3NYOKGO3T23E2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AESWOQHJZ674FIGL4UCAYGQKVG2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AESWOQHJZ674FIGL4UCAYGQKVG2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[linda imschweiler](https://www.amazon.com/gp/profile/amzn1.account.AESWOQHJZ674FIGL4UCAYGQKVG2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* This does not work for RLS](https://www.amazon.com/gp/customer-reviews/RHOCBSW2TIT6H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on April 13, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not help in any way.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCwNkGioQdVUYL%2B9QOkPTp5KBRGXtC5aVgrtxta0wiLbAAAAAGgtOrMAAAAB&reviewId=RHOCBSW2TIT6H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHWGO6Z3F7AADSI67ADMAY7JHMNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHWGO6Z3F7AADSI67ADMAY7JHMNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[vera zarr](https://www.amazon.com/gp/profile/amzn1.account.AHWGO6Z3F7AADSI67ADMAY7JHMNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* did not help](https://www.amazon.com/gp/customer-reviews/R3OYMH58OSQ4JB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 7, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS did not help

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCcHCBr1yXjWNv43pbt9JtaLBH7hzZAdMfh0t8Yq%2F%2BItAAAAAGgtOrMAAAAB&reviewId=R3OYMH58OSQ4JB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH3R3I7BD7NC6FO473PWXR5BJJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH3R3I7BD7NC6FO473PWXR5BJJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Bill C.](https://www.amazon.com/gp/profile/amzn1.account.AH3R3I7BD7NC6FO473PWXR5BJJ6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn't work.](https://www.amazon.com/gp/customer-reviews/R3CNUXPUHR8MP3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 16, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Thought this might help my restless legs(RLS) but didn't do anything.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDHaQ5MIeUs%2BAlksfN97NOLdHyrRa%2BRcsqA5HGoRA6uRAAAAAGgtOrMAAAAB&reviewId=R3CNUXPUHR8MP3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[dwight younkin](https://www.amazon.com/gp/profile/amzn1.account.AGDKIFCFUBB6OJSROCTJSGJTJ6YA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good product.](https://www.amazon.com/gp/customer-reviews/R36TTXTEFUOSNT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on August 1, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a very good product for RLS.

[[](https://www.amazon.com/gp/profile/amzn1.account.AFHVHYXPIVLQBQ246KSZIY3475OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFHVHYXPIVLQBQ246KSZIY3475OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tahoe Teddy](https://www.amazon.com/gp/profile/amzn1.account.AFHVHYXPIVLQBQ246KSZIY3475OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good stuff!](https://www.amazon.com/gp/customer-reviews/R74XTBS4775UP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on January 15, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When my RLS meds don't work, I use this too and it helps calm them down.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDaVH%2FvyiWolw8IlfbzTEPFXdQGL9S%2Bl1n%2B3AXbUGI%2B2AAAAAGgtOsQAAAAB&reviewId=R74XTBS4775UP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNYEEYCZVRVAXZKGOQIMTPDZM5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNYEEYCZVRVAXZKGOQIMTPDZM5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[joe - PA, now OH](https://www.amazon.com/gp/profile/amzn1.account.AGNYEEYCZVRVAXZKGOQIMTPDZM5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* item does nothing for RLS](https://www.amazon.com/gp/customer-reviews/R2A9AAYB3UQEDY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 19, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

didn't work at all. deserves 0 stars

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDQ%2B1FlmP0n4enUYLFoZFGDNFOfhzhJexJG0aGqYmqE2AAAAAGgtOsQAAAAB&reviewId=R2A9AAYB3UQEDY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHIT26ORAEE4C63ZOJO3B44LOKUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHIT26ORAEE4C63ZOJO3B44LOKUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[maurine barnes](https://www.amazon.com/gp/profile/amzn1.account.AHIT26ORAEE4C63ZOJO3B44LOKUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Wish it would have helped](https://www.amazon.com/gp/customer-reviews/R2HT465J93JFHX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on October 8, 2016

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Didn't help with my RLS at all

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMrNi7xBSPFtBNlx3VxIKeuIeZUgEPUjDOEtVYmLAuwqAAAAAGgtOsQAAAAB&reviewId=R2HT465J93JFHX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELMQZUXDCJKKYAAX2ANB37QTMHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELMQZUXDCJKKYAAX2ANB37QTMHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kathryn](https://www.amazon.com/gp/profile/amzn1.account.AELMQZUXDCJKKYAAX2ANB37QTMHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing miracle](https://www.amazon.com/gp/customer-reviews/R2Z7PC7US6CL54/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on March 17, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

I don’t usually leave reviews, but I felt I needed to with this product. I have suffered from RLS for years and tried everything. In a desperate attempt to try another treatment, I bought this cream. I am ecstatic to report I have finally found a cure for my legs! I am finally able to enjoy a movie, ride in a plane, and fall asleep at night with ease. It’s a miracle cream, I wish I could share it with everyone.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC35J5L31eBID6lOLnDeaxkYKl%2BTACrMJVMlj8CQ82hAAAAAAGgtOsQAAAAB&reviewId=R2Z7PC7US6CL54)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH735BOVJOVMQMT2VGDJAQXSYAHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH735BOVJOVMQMT2VGDJAQXSYAHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Snowboard Racer](https://www.amazon.com/gp/profile/amzn1.account.AH735BOVJOVMQMT2VGDJAQXSYAHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS relief FINALLY!](https://www.amazon.com/gp/customer-reviews/R1OAO8SQUO49TL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on June 24, 2018

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

I have suffered from RLS since the age of 19 and am about to turn 72. I've managed to get by with Mirapex (Pramipexole) for a number of years but a recent Total Knee Replacement has intensified the symptoms to the point where I was experiencing episodes pretty much anytime I wasn't standing. I was lucky to get 2 hours of sleep each night. An article in the AARP Bulletin mentioned this product. I was highly skeptical but figured it was worth trying. Last night I applied it to my right quad and within ten minutes, the symptoms stopped and didn't return for seven hours. We went to a sixties rock concert and I had no problems. Just before going to bed I reapplied it and had no symptoms all night. My entire family deals with RLS to varying degrees. I just told all of them about this. This skeptic is won over!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPZbom1PamCKq4gR4RNqWG1CWsZ%2FGkNjBkENRvyURlboAAAAAGgtOsQAAAAB&reviewId=R1OAO8SQUO49TL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGGASQR3KN55WN25OECCJ7M36KBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGGASQR3KN55WN25OECCJ7M36KBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kenneth P.](https://www.amazon.com/gp/profile/amzn1.account.AGGASQR3KN55WN25OECCJ7M36KBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not for diagnosed RLS](https://www.amazon.com/gp/customer-reviews/R2P72Y9ZI2G5F1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on July 22, 2020

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

For anyone diagnosed with Restless Legs Syndrome, this product does nothing to help. I gave it a try hoping not to have to rely on prescription drugs like Requip. I tried it for four nights, and slept a total of 2 broken hours of sleep per night. Restless Legs Syndrome is a medical condition that over the counter creams like this just cannot help. For those that it works for, great. You don’t have diagnosed RLS. You have something else. For those with diagnosed RLS - don’t waste your money in hopes that it will work.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hERwi4qe07%2B6sUNhFubjeWR%2BywC4Xmc%2B6YauH4jchm0AAAAAAGgtOsQAAAAB&reviewId=R2P72Y9ZI2G5F1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJ6TBNZLSNCIAE6ENLXX53257OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJ6TBNZLSNCIAE6ENLXX53257OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Chris](https://www.amazon.com/gp/profile/amzn1.account.AGJ6TBNZLSNCIAE6ENLXX53257OA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works for my RLS](https://www.amazon.com/gp/customer-reviews/R21FFLVGWAUSO7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on November 23, 2019

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)

All I can say is this stuff really helps me sleep. RLS made my legs twitchy at night after I laid down. I ave lowered my caffine intake by half and that helped some, but this product reduced it by another 60 percent or more--- I love it....

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGDwKZ4uMYIGRcm624BfSFj744%2BI%2Fm%2Fl8ghfm63cn54hAAAAAGgtOsQAAAAB&reviewId=R21FFLVGWAUSO7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMBV3SXRNJP545MNHDBRM7A6EDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMBV3SXRNJP545MNHDBRM7A6EDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nonita Miller](https://www.amazon.com/gp/profile/amzn1.account.AFMBV3SXRNJP545MNHDBRM7A6EDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing cream !](https://www.amazon.com/gp/customer-reviews/R17DJ5SVU3WUO3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on January 28, 2022

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have struggled with RLS for many years...I came across this product and was alittle skeptical but wanted to try it because it's ingredients are all natural.....It works within minutes and I sleep al night long with no restless legs....I've been using it for almost 2 yes now.....awesome!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHL0%2BUxHu8%2Fq2AAVSAMeuLYaDMG7dcmzOdlbkGGrGZZIAAAAAGgtOsQAAAAB&reviewId=R17DJ5SVU3WUO3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHELACMLRKDBQUPYKHVAPAD3QEHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHELACMLRKDBQUPYKHVAPAD3QEHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sandra B.](https://www.amazon.com/gp/profile/amzn1.account.AHELACMLRKDBQUPYKHVAPAD3QEHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Great product, but difficult to open jar](https://www.amazon.com/gp/customer-reviews/R2IZ5PKDTW57XU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 27, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The product was intended to be used for RLS (Restless Leg Syndrome) and it appears to work well when massaged into the legs during cramping. However, the jar itself if very difficult to open. The lid is slippery and does not offer a way to grab hold of it to twist it open. That is the only reason I rated this product a 4. Arthritic hands would have difficulty opening the jar.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOHsgisHiPHVEOkEXX%2FtNrUX0WdSc2NQgc0B7vuNm1maAAAAAGgtOsQAAAAB&reviewId=R2IZ5PKDTW57XU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[NV Stargazer](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Calms my restless legs so I can sleep at night](https://www.amazon.com/gp/customer-reviews/R35S1O1NWMNMIY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B01JA13X6W)

Reviewed in the United States on December 2, 2021

[Style: 4oz Jar](https://www.amazon.com/MagniLife-Relaxing-Calming-Topical-Treatments/product-reviews/B01JA13X6W/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I like this product as it does calm restless leg syndrome, allowing me to sleep. Occasionally, I have to use 2 applications, but most often only 1 application. The fragrance is pleasant. I have been using this product for 2 years on nights when the rls symptoms are acting up.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPGOZGJIBG2MWMANGHG63APBQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPGOZGJIBG2MWMANGHG63APBQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mia](https://www.amazon.com/gp/profile/amzn1.account.AEPGOZGJIBG2MWMANGHG63APBQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* effectiveness of this cream](https://www.amazon.com/gp/customer-reviews/R2N7I2EPORQBPG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on September 5, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS could be the result of iron deficiency or a problem with the way brain cells use dopamine, a chemical in the brain. I've had RLS for almost 25 yrs. There is nothing I haven't purchased over the counter. Nothing seems to work. I joined a research group 2 years ago and was placed on a concoction of different drugs. From there, my rheumatologist has put me on Ropinirole and Tizanidine which I take daily. Have been on these drugs for several years and get very little results. Bought so many OTC muscle roll on and creams and nothing seems to help.  
That being said, I have purchased 6 jars of this cream and to be honest, haven't noticed a difference. I'm retired so my best sleep is mid-morning to mid-afternoon because I'm up most of the night.  
Research is basically at a standstill as to how to treat RLS, and what the actual cause is. So to all RLS "victims", try to deal with it as best as you can and stop spending money on useless promises of this and that.

52 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAhrQT0cxMsIrGpBdA%2FCotyMyuOSzpjMmbC8oFXfIvhpAAAAAGgtNVwAAAAB&reviewId=R2N7I2EPORQBPG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJPARWYLJG4R4OFDRWIHC7E5KPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJPARWYLJG4R4OFDRWIHC7E5KPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[P. Mortensen](https://www.amazon.com/gp/profile/amzn1.account.AGJPARWYLJG4R4OFDRWIHC7E5KPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A miracle for me!](https://www.amazon.com/gp/customer-reviews/R3QN594HRDZZW5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on June 29, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Ok, so I've bought and tried various sorts of naturpoathic or herbal remedies, whatever the name, you know what I'm talking about. For all of them it was a total waste of money! I thought I won't be suckered again by very deceptive advertising, if not outright blatant lies.  
Skip ahead to what was the very rare episode of RLS that gradually became very common. For me, anything more than about 1/2 to 1 hour of sitting and I end up with the RLS, sometimes unilaterally, not uncommonly bilaterally. Only those of us who have RLS can describe how awful this syndrome is. There are times where I've thought I was going to jump out of my skin!  
So, in desperation I turned to Amazon and sought help. I read the few reviews of the Magnilife cream and felt so at the end of my rope, I decided to throw away about thirty dollars and make the purchase. So th two jars arrived in the morning. Later that evening, sure enough, here comes the RLS and I'm at my wits end. I applied the cream being quite certain it would have no beneficial effects!  
I was wrong! I would say that within 4, maybe 5 minutes, the RLS was gone. So I'm thinking coincidence, placebo effect, umm but could it really be the cream.  
Yes!! It not only ok'd be, it is the answer! I've used it at least 7 or8 times and the results are always the same .... RELIEF! Really..it works beautifully, at least for me! It seems like a small miracle to me and if you follow my recommendation I certainly hope your results will be as terrific as mine.  
Now, will this continue? I cannot say, but I know that for now I have stopped considering amputation. I mean, really, I was going on out of my mind.  
I want to tell you that for 26 years before retiring, I worked as a nurse anesthetist. With my professional training and a scientific approach always wanted me to know all I could learn about the drugs I used for the patients I cared for. Therefore, I was sorely tempted to examine the list of ingredients in an attempt to find exactly what it was that brought me so much welcomed. Then I thought, no, I'm just going to go with a winner and not try to be intellectual about the how's and whys.  
In short, if you are the typical desperate, suffering soul with RLS, I HIGHLY recommend this product.mi cannot guarantee that it will work for you, but sure worked for me!! Good luck!

28 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE530Jbu%2B7EuxJnkQQwITpqGCkljGU5GHP2Mh%2BNOLGZrAAAAAGgtNVwAAAAB&reviewId=R3QN594HRDZZW5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHGZYMDBFKWUZF34KUNCIZFYFTKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHGZYMDBFKWUZF34KUNCIZFYFTKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[M. D. Jensen](https://www.amazon.com/gp/profile/amzn1.account.AHGZYMDBFKWUZF34KUNCIZFYFTKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This stuff works!](https://www.amazon.com/gp/customer-reviews/R1K0SZ1GLOUFXS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 16, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Not sure what's in this stuff, but I have struggled with RLS (restless leg syndrome) for years. This is the only product - other than prescription sleeping pills that actually works for me. It's more like a jell than a cream. I apply it to the bottom and top of my feet, including between toes, and then with the remaining jell I spread it up my leg to the upper portion of my thighs and especially behind my knees. Sometimes I have to take one or two Tylenol with it to get everything to settle down. I'm 71 and my circulatory system "ain't what she used to be," so I try to keep my feet and legs from touching each other and find that when sleeping flat on my back, it helps to slightly bend my knees to promote circulation. If I sleep on my side I make sure I use a pillow between my knees and avoid any part of my legs or feet to touch. I have also observed that for me foods at night that contain sugar, spicy stuff or anything caffeinated will really set my legs a going and prevent me from sleeping. I hope this helps and I know I gave out way more information than you asked for, but I have researched many personal experiences and cures from others who suffer RLS and these are the things that work for me. Bottom line. This is by far the best cure for RLS I personally have ever found. I use it every night and have been for the past 5 or so years. I highly recommend you give it a try.  
Pros: Applies very easily, non greasy and seems to just disappear into your skin with no annoying residue. Has an odor of fresh pine needles, doesn't leave a greasy or annoying residue on your skin, works for me 99% of the time.  
Cons: Expensive. Sold in small quantities, not available in larger more economical quantities. I go through a jar every 10 to 14 days, so plan on that 2-pack lasting about a month.

20 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF%2Bd4Y05DX0VHmdJdmNRnx%2BTvY104ZwYBTmlhr4Y3X8nAAAAAGgtNVwAAAAB&reviewId=R1K0SZ1GLOUFXS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4M5ZA3IVUHIZ26PWXGQX4NSGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4M5ZA3IVUHIZ26PWXGQX4NSGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Wendy Bud](https://www.amazon.com/gp/profile/amzn1.account.AH4M5ZA3IVUHIZ26PWXGQX4NSGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Use it BEFORE your legs start hopping](https://www.amazon.com/gp/customer-reviews/R3B1AO4YPYFDM0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on August 6, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've struggled with RLS for years. I've tried Magnesium, looser clothing, no high-fat meals close to evening, etc., and very little has been effective. Even when I first tried MagniLife Leg Cream, it seemed to have a mild effect, but my legs were still a little restless. But, now I've found the best way to use this cream. If I know I'm going somewhere where I will be sitting around and the likelihood of RLS is high, I put on the cream before I even go. I even take this cream with me when I go places because if I put it on either before I start with restless legs or as soon as I feel it coming on, it works wonders. In the last month, I've enjoyed evenings around a campfire, pontoon rides, and even just being on the couch and watching TV without my legs trying to hop off of my body. I have many family members with the same issue, so I've started purchasing this product for them as well. I'm anxious to hear what they think! I'll keep you posted.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEauhSImrNJpR6sI%2BlsSXHlbat89dpI7JvXMnk%2Bu1dcwAAAAAGgtNVwAAAAB&reviewId=R3B1AO4YPYFDM0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHA5EJURHGOGOIH6UWN6VRU7REJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHA5EJURHGOGOIH6UWN6VRU7REJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Alice D. Hoppe](https://www.amazon.com/gp/profile/amzn1.account.AHA5EJURHGOGOIH6UWN6VRU7REJA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Manilife Restless Legs crea m from Amazon](https://www.amazon.com/gp/customer-reviews/R17DP613N1MOSQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on August 18, 2013

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had Restless Legs for many years, and am always looking for something that would stop them, so when I found out about Magnilife RLS cream, I was glad to be able to try it out , and I am so glad to report that this cream does stop the RLS for a length of time, and in a fairly short length of time. I use it before going to bed, and then in the night if the legs get to waking me up, and then I put the cream on again. It works in the daytime, too, but most of the moving comes about when I'm laying down or sitting for long periods of time. When I rub the cream on, it starts to eliminate the involuntary leg movements right away. I am so glad to have found the Magnilife cream since it actually does start working quickly. I was very pleasantly surprised to find I could get it at Amazon since I get very good prices and a short delivery time to receive whatever I order from Amazon.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKioi563A90aD0UT%2F0Ecsf5gG%2BHLT2JWJcXlblyNU%2B6mAAAAAGgtNVwAAAAB&reviewId=R17DP613N1MOSQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHELMUDFCNFZTODXGA2VT3NKRJMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHELMUDFCNFZTODXGA2VT3NKRJMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Debra](https://www.amazon.com/gp/profile/amzn1.account.AHELMUDFCNFZTODXGA2VT3NKRJMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really works!](https://www.amazon.com/gp/customer-reviews/R2EJX1F7J36K6W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on March 25, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS. I told my husband about this product about a year ago. Of course he was skeptical. Now he’s a believer, and now he wants his very own jar!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFpYVbgyCe3aB7TsFE4mBnXjmjD9MMwiYtZT%2FEjVZzMxAAAAAGgtNVwAAAAB&reviewId=R2EJX1F7J36K6W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERGUHBVVYJ4ZQTA4BXUJJAUKDMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERGUHBVVYJ4ZQTA4BXUJJAUKDMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[RUSS WILSON](https://www.amazon.com/gp/profile/amzn1.account.AERGUHBVVYJ4ZQTA4BXUJJAUKDMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far it's doing the job. RLS](https://www.amazon.com/gp/customer-reviews/R2LFLCASX3Z3PJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 9, 2024

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I fall asleep faster.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNE8FR0W7U1JgSO5j1T%2B4VOGaStmR0q6kaNtmnV51luJAAAAAGgtNVwAAAAB&reviewId=R2LFLCASX3Z3PJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG7A75F7PWPDKZEQYCX7F5NY5OLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG7A75F7PWPDKZEQYCX7F5NY5OLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[David](https://www.amazon.com/gp/profile/amzn1.account.AG7A75F7PWPDKZEQYCX7F5NY5OLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great stuff!!!](https://www.amazon.com/gp/customer-reviews/R1I86MZC434BMX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on September 25, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

While I don't have RLS, my wife does, and she says this helps a lot. I have a shoulder injury that the doctors can't figure out and so I sleep on a heating pad and use this cream to prevent pain from muscles tightening up. It has proven to be a lifesaver!!!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLywZK3ddzfJ2rddtGvxuqoh0%2BMXSIJAHLgjTp1YRSR8AAAAAGgtNVwAAAAB&reviewId=R1I86MZC434BMX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJLVCFLRUITD37GLXVJ3T26VO2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJLVCFLRUITD37GLXVJ3T26VO2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cecil T.](https://www.amazon.com/gp/profile/amzn1.account.AEJLVCFLRUITD37GLXVJ3T26VO2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* works well for minor RLS problems. Doers not fix bad periods of RLS](https://www.amazon.com/gp/customer-reviews/R3JSQECC7II2IV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on May 23, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

works well for minor RLS problems. Doers not fix bad periods of RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIvpe51Blq7ZSqzD1xkAscVtEYW7QKw%2FOlEZ4vdjJSAAAAAAAGgtNVwAAAAB&reviewId=R3JSQECC7II2IV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Foxy Lady](https://www.amazon.com/gp/profile/amzn1.account.AGGEL2BH3C2ZDR2ZAAMXVMHYNJ5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS and Arthritis Pain](https://www.amazon.com/gp/customer-reviews/R13E3GPZ0L0DW1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on February 14, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use it for severe leg pain and restless legs. It reduces pain for a few hours but any pain relief is a blessing. I have used the cream for 2 years and the relief I get when RLS keeps me awake several hours of sleep is better than none. Great for neck and arm pain due to arthritis also.

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5ZON5FWUASYXY3XLJ7FFD7CC5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5ZON5FWUASYXY3XLJ7FFD7CC5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angelvoice444](https://www.amazon.com/gp/profile/amzn1.account.AE5ZON5FWUASYXY3XLJ7FFD7CC5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did not work](https://www.amazon.com/gp/customer-reviews/R3DO9A6CEBT7LP/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 29, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a problem with RLS at not -not every night but it is happening more often - and I used to purchase a cream on Amazon that calmed my restleg legs. As I could not find that cream, I purchased this one in hopes it would help. It did nothing to calm my legs and was sent back the next day!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHZOXJ14YW7NoB4k%2Bx2UgylRaSMSD1HQpA1fXuyvNAvQAAAAAGgtOtkAAAAB&reviewId=R3DO9A6CEBT7LP)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTYOLNZ3PAJDU3677AFWSYOBKHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTYOLNZ3PAJDU3677AFWSYOBKHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Steve Eisbart](https://www.amazon.com/gp/profile/amzn1.account.AHTYOLNZ3PAJDU3677AFWSYOBKHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps RLS](https://www.amazon.com/gp/customer-reviews/R1OTAX353BT4HU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on March 9, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

aIDS IN SLEEP DUE TO rls.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB2%2FR50wzm7lhKJA%2B7iCaxN4Vv1arC5t0yCfbEUnyt9RAAAAAGgtOtkAAAAB&reviewId=R1OTAX353BT4HU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHTVEX3FDA4PTZPDIRNYIWEIZ6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHTVEX3FDA4PTZPDIRNYIWEIZ6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angela P. Hildreth](https://www.amazon.com/gp/profile/amzn1.account.AHTVEX3FDA4PTZPDIRNYIWEIZ6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* FAST RELIEF!](https://www.amazon.com/gp/customer-reviews/RACZNZ10P7NI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on June 8, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used for RLS. Works better than so many other products do.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPBcmnK59zcgOx80ut9A%2BNkNSPCC0XJvn9jBDdZHuH2AAAAAAGgtOtkAAAAB&reviewId=RACZNZ10P7NI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMHXUDWGALTL6JHAKTCGUOUW3BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMHXUDWGALTL6JHAKTCGUOUW3BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[C Jane Heffernan](https://www.amazon.com/gp/profile/amzn1.account.AEMHXUDWGALTL6JHAKTCGUOUW3BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Extra help for RLS!](https://www.amazon.com/gp/customer-reviews/R1ZERQB5446EKS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on May 12, 2017

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have very bad RLS. This cream works most of the time when my RLS is terrible. I take medication also so this is an extra help when necessary.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKbr1Bde4zoi3xgkpgM57%2F1PMWU2dI7b7uBvnR0agN1MAAAAAGgtOtkAAAAB&reviewId=R1ZERQB5446EKS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAGISS3WAPEPOF6556X6RFQ566A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAGISS3WAPEPOF6556X6RFQ566A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Leland](https://www.amazon.com/gp/profile/amzn1.account.AGAGISS3WAPEPOF6556X6RFQ566A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Product was not effective.](https://www.amazon.com/gp/customer-reviews/RCDEOFYBBQP2C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on January 16, 2020

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After 3 applications, during one night, I unfortunately, did not experience any relief for my RLS or other leg movements. I was hoping this would have some effect. I received a Return Authorization, but it is no longer in my orders folders I would like another Return Authorization. Thank you.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK2pexKRx4yr72giTDIDBxK4DMemp1WYTeqBLLRBZ7UmAAAAAGgtOtkAAAAB&reviewId=RCDEOFYBBQP2C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYAYHOXKWYBEXV3QR2I6P45FRGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYAYHOXKWYBEXV3QR2I6P45FRGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[purewaternair](https://www.amazon.com/gp/profile/amzn1.account.AGYAYHOXKWYBEXV3QR2I6P45FRGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* ... now I'm thinking maybe a hot bath and a good rubdown.](https://www.amazon.com/gp/customer-reviews/R3K1CQ1ONVRWMQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on December 19, 2014

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did not work for me as I have severe RLS so after 4 uses I gave up but now I'm thinking maybe a hot bath and a good rubdown..Maybe someone with mild to med. RLS could benefit.  
.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLPbrHzky3P4Kk4WAgge4ISTDXDM8Ixi0GjIFRD4C9LLAAAAAGgtOtkAAAAB&reviewId=R3K1CQ1ONVRWMQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2H2OUVJTWUC7AGPV3MF2MCVL2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2H2OUVJTWUC7AGPV3MF2MCVL2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[FuzzyFace](https://www.amazon.com/gp/profile/amzn1.account.AE2H2OUVJTWUC7AGPV3MF2MCVL2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Excellent Product](https://www.amazon.com/gp/customer-reviews/R37B91XA05KYJY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on August 16, 2018

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Good for RLS issues.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKuXNy%2BC7ICjTvO7qLlgLVx6dLFuVZO49rv5ITsqYY7PAAAAAGgtOtkAAAAB&reviewId=R37B91XA05KYJY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[james](https://www.amazon.com/gp/profile/amzn1.account.AFUIJSROBMHPNLO3XSB7BNJJ6VQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A Heaven sent!](https://www.amazon.com/gp/customer-reviews/RHRHO6JC87IM4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on February 1, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use it at bedtime and wrap with ace bandage and 9 times out of 10 I experience no RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMP11bndefrXqcdV2is52zB3jSeYERBjaHVsAjP%2FLvUdAAAAAGgtOtkAAAAB&reviewId=RHRHO6JC87IM4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH52XGR4P66YXZ3SFMSUA52KNOQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH52XGR4P66YXZ3SFMSUA52KNOQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tricksy](https://www.amazon.com/gp/profile/amzn1.account.AH52XGR4P66YXZ3SFMSUA52KNOQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I highly recommend this product for](https://www.amazon.com/gp/customer-reviews/R2QNBVAG4CTQ8A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 29, 2015

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This definitely works for me. This is my second order. I highly recommend this product for RLS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIP1N65%2Fe%2Bf5HaHq3C68zp6%2BZSR8%2F8vzrZr4NFZsgS58AAAAAGgtOtkAAAAB&reviewId=R2QNBVAG4CTQ8A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Packer Fan Pete](https://www.amazon.com/gp/profile/amzn1.account.AHEXVZEW3YLTVLIGOFAFMPMXBE5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS Creme](https://www.amazon.com/gp/customer-reviews/R3V22YYHA10C9I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 28, 2017

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works for me!

[[](https://www.amazon.com/gp/profile/amzn1.account.AGTTTYKW5MBOM7BQWZI7BJI6NSKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGTTTYKW5MBOM7BQWZI7BJI6NSKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nell W.](https://www.amazon.com/gp/profile/amzn1.account.AGTTTYKW5MBOM7BQWZI7BJI6NSKQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works for me!](https://www.amazon.com/gp/customer-reviews/R3RNK1XXLW91CB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on March 18, 2021

I have struggled with severe RLS for years. This does not stop the RLS, However it allows my legs to calm down enough that I can fall asleep which is all I want at that point. It seems to help if I turn a fan on after applying it to my legs. I was told that it was all in my head and that creams like this can’t work because RLS is a neurological issue. I’m here to tell you that it works for me. It doesn’t stop it completely, but together with my RlS meds, it helps better than anything else I’ve tried.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC0U%2FKAaVxSedL4EoNIhVlIkvgHcIuIpTp8eSJOtKTqOAAAAAGgtOuQAAAAB&reviewId=R3RNK1XXLW91CB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG7JRLAHWZ5OORWWFXMHAKM5CAYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG7JRLAHWZ5OORWWFXMHAKM5CAYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Crystal gomez](https://www.amazon.com/gp/profile/amzn1.account.AG7JRLAHWZ5OORWWFXMHAKM5CAYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing!](https://www.amazon.com/gp/customer-reviews/R2LX1VGLHILFZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on March 1, 2021

This stuff has helped my rls tremendously, i highly recommend

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFl7PN2fII%2B5wexgHJxQZbdjdT5Cvmz0FnqMRwLf06w0AAAAAGgtOuQAAAAB&reviewId=R2LX1VGLHILFZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPE7DZS3YELPMZEH4SDQMHPIQKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPE7DZS3YELPMZEH4SDQMHPIQKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[JennD.39](https://www.amazon.com/gp/profile/amzn1.account.AEPE7DZS3YELPMZEH4SDQMHPIQKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* a happy surprise!](https://www.amazon.com/gp/customer-reviews/R3KPMH3UES4X2T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on March 8, 2021

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I must admit, when I first ordered a jar of this cream for my RLS I was a bit skeptical. How could a simple cream, applied like any other, be so effective in stopping or at least slowing down a condition that comes from so deep inside??  
Well, I am here to say that I was very pleasantly surprised ~ and delighted ~ to find that it not only slows down my RLS, even in my R leg (frequently worse than my L leg) it sometimes stops it dead in its tracks!!!  
I would happily recommend this cream to anyone who suffers from this condition; I have already told several of my own children about it, who also have RLS like mine.  
And along with my medication, my RLS is much more easily controlled these days!!  
FIVE STARS\*\*\*\*\*

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIP0XXXARrqt1j3JHU74dA%2BebrxQ1sGn%2Bcm5IjMNHAUTAAAAAGgtOuQAAAAB&reviewId=R3KPMH3UES4X2T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHNTURKIUHUZZJT2SI7RFSVNIEQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHNTURKIUHUZZJT2SI7RFSVNIEQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[DaisyChick](https://www.amazon.com/gp/profile/amzn1.account.AHNTURKIUHUZZJT2SI7RFSVNIEQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/R3GZ7UW7C3Q1EI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on November 28, 2022

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Anyone that suffers from RLS knows what torture it is. I find this cream really works. Rub it into the bottom of your feet (seriously) and also where you feel the restlessness is originating from. Relief is almost instant

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPf1z%2FU5m5%2BZoA24%2Fj%2BWmH7xYUg8cVzy3KCjtrFJz5iYAAAAAGgtOuQAAAAB&reviewId=R3GZ7UW7C3Q1EI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGOH4HORWLLVLBMOQ4UP6FMPZU4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGOH4HORWLLVLBMOQ4UP6FMPZU4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[AB](https://www.amazon.com/gp/profile/amzn1.account.AGOH4HORWLLVLBMOQ4UP6FMPZU4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works](https://www.amazon.com/gp/customer-reviews/R3HATCXIAIHFFG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on February 21, 2023

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have HORRIBLE RLS . with that said, ... I have tried every RX, and otc remedy for this extremely annoying condition.  
I sincerely hope you, yes you, give this a try. IT IS THE ONLY AMAZON SNAKE OIL substance that has worked for me.  
Hope it will help you! This s... drives me CRAZY. THIS HELPS

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI0LPabwdT280RJrGFj5FZIZqV%2BOf57yLvZUP1ZrDb1CAAAAAGgtOuQAAAAB&reviewId=R3HATCXIAIHFFG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[NV Stargazer](https://www.amazon.com/gp/profile/amzn1.account.AHOGZGHJUN56IRJDXRGUQ5BCAFTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Cooling and soothing](https://www.amazon.com/gp/customer-reviews/RD5P9LP0LN4JN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B00913ME2Y)

Reviewed in the United States on July 4, 2019

[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The cream is cooling and soothing, which helps painful legs and restless legs that don't want to settle down. If RLS is keeping me awake, the cream calms the legs making it more comfortable.

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[vonetta Drummond](https://www.amazon.com/gp/profile/amzn1.account.AGYTJCM5UZ36674IKJQFGE6QO2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really does work](https://www.amazon.com/gp/customer-reviews/R154KXI7Q83N3Y/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 22, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Great product works like a charm.  
  
Stops my rls within 15 to 30 mins  
  
And l sleep like a baby

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJbf0VqGgCezvidvtCI%2Bt0Y%2BF4CnHzcrb58cPfVMOSdmAAAAAGgtNVoAAAAB&reviewId=R154KXI7Q83N3Y)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Stacie Williams](https://www.amazon.com/gp/profile/amzn1.account.AHFOPEAGG2LYSME5U6I34WWGBNVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R1OI2ID136SEGH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 9, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Couldn’t have made it through my pregnancy without this product. Very grateful

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNye7jcub1Qg0Kgl2lzU%2FxU5hRIR8THPFLmRq9CCfsDqAAAAAGgtNVoAAAAB&reviewId=R1OI2ID136SEGH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S. Long](https://www.amazon.com/gp/profile/amzn1.account.AFD7XP355CQBUW3ZCPY2TXWRHNBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It works most of the time](https://www.amazon.com/gp/customer-reviews/RGZLWL4KQRCAS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 24, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Some nights it works beautifully, others not so much and I don't know what the difference is. I take it about an hour after dinner, then about another hour later I eat my bedtime snack. I take a prescription for RLS every night, and when I still have trouble I take Hyland's restless legs pills as well as a homeopathic RLS formula. Also if I'm still having issues, I rub Biofreeze on my legs. Usually that takes care of it. It's definitely worth the $$. Give it a try and you might be pleasantly surprised.  
  
Update 12-2-2022  
I've learned to take it just before bedtime and that I am good with only one pill. Try it! It really helps!

16 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAwyRCG0h%2BNEuRdAHfAwldPddyxWDhy0QcQKQLVoZLl5AAAAAGgtNVoAAAAB&reviewId=RGZLWL4KQRCAS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kindle Customer](https://www.amazon.com/gp/profile/amzn1.account.AGWABP2VWB5HOWYNMVEGK5BEDGMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I can sleep through the night again.](https://www.amazon.com/gp/customer-reviews/R11XRL4NT2O3C1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 7, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My leg pain at night was getting much worse and the tylenol was no longer effective. I learned I must have RLS and looked for a product that would help my waking up in the middle of the night and not being able to fall back asleep. I have taken Calm Legs for two months now and I can say that I now sleep through the night most of the time. I also noticed that if I forgot and didn't take it, I could count on another sleep interrupted night. Thank goodness I found a something that helps but the negative is that it appears I must continue to take it the rest of my life.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFKKTEpoAZeLBy533aZBDZhJM9UKfh7HuR9Mey9FQ0LZAAAAAGgtNVoAAAAB&reviewId=R11XRL4NT2O3C1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brianna](https://www.amazon.com/gp/profile/amzn1.account.AEGAPU4TGOW7U35YIAOIR4MJX5XA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works great!](https://www.amazon.com/gp/customer-reviews/R3R1XT4XSMJFZS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 10, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I used to take melatonin to sleep and it worked miracles. Eventually I was able to eliminate it. Then I had some trouble again but mostly with my RLS. These are a game changer! My legs have calmed down not only at night but throughout the day. They help get me ready for sleeping. They're not like a sleeping pill where I wake up feeling weird the next day. And I do not get super drowsy before bed. I suggest taking it at least an hour before heading to bed as it is more of a calming effect on my brain.

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD8%2F7CxGi1HT3O30FEmhHScFTzwoehpf6p97NSZh3om0AAAAAGgtNVoAAAAB&reviewId=R3R1XT4XSMJFZS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amy M](https://www.amazon.com/gp/profile/amzn1.account.AFVCQWBO3A64TC6CHOZ5OGGUZIRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* IT WORKS!](https://www.amazon.com/gp/customer-reviews/R86FQSH4YCLQV/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 8, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless Legs can drive a person insane! And nothing works to stop it, except walking around. But this stuff works! I was very skeptical at first, but, as anyone with RLS knows....we will try anything. The ingredients in Calm Legs are all things I have heard of.....combined in one pill. I take it when I first start to feel the restlessness, and them I just forget about it. If I do wait too long, then I still have to take my prescription medication, but the combo of the two brings it right down. This stuff is a lifesaver or, at least, a sanity saver!

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFurauGWET%2FrBuyinMWWngIhL%2BIOWtS2yozcGVc%2BDcd%2FAAAAAGgtNVoAAAAB&reviewId=R86FQSH4YCLQV)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CatLover](https://www.amazon.com/gp/profile/amzn1.account.AH76PQPDE37ITZCR5SFJFC3BSUVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The ONLY thing that saved my sanity!](https://www.amazon.com/gp/customer-reviews/R1L59Z3VNJYRT9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 6, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless legs sufferer for over 20 years and I've FINALLY found something that works! It greatly reduces RLS and luckily I usually only need to take 1 tablet (indicated to take 2 on bottle). I cannot order through the Canadian site anymore, so I pay the extra through the US site. And it's still worth every penny, as it saves my sanity! If you have RLS, you know what I mean. The symptoms and lack of rest is enough to drive you crazy. I hope they NEVER stop making this product!

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFRFJpoqLp%2F0%2FqsYKWiqU8H1MN1sc4NzlWCaY9db2absAAAAAGgtNVoAAAAB&reviewId=R1L59Z3VNJYRT9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Douglas S. Rasmussen](https://www.amazon.com/gp/profile/amzn1.account.AE43BE2M37GS7ZU3XL4V2FZ7MQAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* LOVE THIS SUPPLEMENT!!!](https://www.amazon.com/gp/customer-reviews/R34FSAAMDAG45B/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 20, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After major surgery way back in 2013, the very night I got back home, I’ve battled RLS for years. Then after intense work outs and weight training, it’s gotten far worse.  
  
Only negative issue is the shrinkflation phenomenon. Less than half the bottle is full! That’s a bit annoying.  
  
I’ve tried other stuff and magnesium, massagers, etc. Now I’ve found this, it’s changed my life. I’ll take this forever probably.  
  
THANK YOU!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEbsIrqyKAqBw5hMk1%2FrrB20nugX4axBpolzb1WCZH2xAAAAAGgtNVoAAAAB&reviewId=R34FSAAMDAG45B)

[[](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rebecca Jensen](https://www.amazon.com/gp/profile/amzn1.account.AECE3EKNHWWWPFQ3WPJF7LV5TDDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Highly Effective](https://www.amazon.com/gp/customer-reviews/R4M3BGCO3JAV6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 11, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This supplement worked for me in the first night. Not only did I not wake up with RLS, I fell asleep fast and stayed asleep. And when I had to get up to go the bathroom, I fell back to sleep very fast. This supplement has been a game changer for me. I'm so grateful for it.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAVy2OkTe0wNj8XpntgXdVG7NCtk5wFDyTnb0yIA71Y5AAAAAGgtNVoAAAAB&reviewId=R4M3BGCO3JAV6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[amazonluver](https://www.amazon.com/gp/profile/amzn1.account.AH2LJJUNV243WQUSZJSSH7ZAEQPA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Nighttime relief!!!](https://www.amazon.com/gp/customer-reviews/R2I3CZLZTIRSU2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 22, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

For years my husband has had RLS and he researched and found these on Amazon to try. He has had very good success with these pills and isn't bothered at night anymore. In recent times I started having RLS and I too have had good results with the Calming Legs pills. If you're wondering whether it may work for you, give it a try and have a good nights sleep!!! zzzzzzzzz

[[](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[peanut58](https://www.amazon.com/gp/profile/amzn1.account.AHK6ABC5D7CP6QTIRLDPNL6JXUHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* My second bottle.](https://www.amazon.com/gp/customer-reviews/R2M6E6ZAY0LOJB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 7, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and sometimes have break through symptoms which leave me up at night with no sleep. I take a prescription but found this additional supplement and it has been a life saver. I’ve not had any issues or problems with my RLS since taking this with my meds. I highly recommend this product and you won’t be disappointed

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAb4BPPUr4ODoDDnLDrJ3gzs0FbgWJbHLEuwTW6OvJJ2AAAAAGgtOvoAAAAB&reviewId=R2M6E6ZAY0LOJB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Leslie](https://www.amazon.com/gp/profile/amzn1.account.AHVZWCWZI6NTGJH7MDHJ2B4CQ3WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works wonders](https://www.amazon.com/gp/customer-reviews/R9EH29W1DS2UL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 1, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have not been diagnosed with RLS but have suffered from what I call electric shocks through out my bones in my legs, sometimes in my arms. I just purchased my 3rd bottle of Calm Legs. It has worked wonders for me. I went from these shocks 100% of the time to 90% of the time. Probably once a month I will feel it but let me tell you it's much better than EVERY NIGHT. Can't live without it now.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFS6bjmOJY2r3kt8MGmpfMbHL0DivrhpLY9Xfn7yeelFAAAAAGgtOvoAAAAB&reviewId=R9EH29W1DS2UL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Carrie, 44, MN.](https://www.amazon.com/gp/profile/amzn1.account.AHVHVVHFBKGYQEYYR6RUJ5SMDGEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It helps](https://www.amazon.com/gp/customer-reviews/R15W2XY1DH55E1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband has awful restless legs. He shakes and twitches all night. I also have a hard time sleeping on a regular basis so I also tried them, and it helped me sleep a couple hours longer than I normally would have with just melatonin alone. Calm legs honestly helped tremendously where I was able to sleep and not feel my husband twitching all night. I would definitely recommend this to anyone who’s having issues with RLS!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNHcZ1OVFYM1VIJtw4JcSONGT87tlIjPXpKmctAwQXO8AAAAAGgtOvoAAAAB&reviewId=R15W2XY1DH55E1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amy AnglinCoulter](https://www.amazon.com/gp/profile/amzn1.account.AGAZHSKZ6ERCAFYQP5LSC3OBZI5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helped after developing RLS from antipsychotic](https://www.amazon.com/gp/customer-reviews/RLBU440O0MEQI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 10, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I developed severe RLS after weaning off an antipsychotic I took short term. Both legs began jerking, twitching, and left me with the urge to constantly move around while falling asleep. My left leg is worse than my right. I was lucky if I managed 4 hours of sleep. Like others here in the reviews, I was skeptical. So glad I tried them a few days ago. I’ve had a tiny bit of tingling and urges to move, but nothing that keeps me from falling asleep like before. Recommend.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIOAmp5TcQHHsPUVjG2V%2B6wq%2Be6FtRFzq5b1n3IeBn67AAAAAGgtOvoAAAAB&reviewId=RLBU440O0MEQI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S.Doherty](https://www.amazon.com/gp/profile/amzn1.account.AHUAQO3MGWKREXQ45WSLFRLT2D5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works very well](https://www.amazon.com/gp/customer-reviews/R3I8JS8Y40XTBR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 14, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don’t want to take prescription drugs for my RLS, a friend recommended this product to me and I’ve been very happy with it. It’s good to take 30 to 60 minutes before bed. Works well!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJYOIZH27RDJAHDiaGRPzY2EfjXFdwXC74Cy2QLZZUlwAAAAAGgtOvoAAAAB&reviewId=R3I8JS8Y40XTBR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Robin](https://www.amazon.com/gp/profile/amzn1.account.AH42CJZBFNITKN2XCTQXY5WRI4UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It definitely helps!](https://www.amazon.com/gp/customer-reviews/R88J1IT0EBH26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 7, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After taking for about a week my RLS is not keeping me up all night! Yeay!

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIwVtjCmYS6%2BUB0Vni9WkT3fUFXvfKv0mNvKUrHlyrjCAAAAAGgtOvoAAAAB&reviewId=R88J1IT0EBH26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Danny](https://www.amazon.com/gp/profile/amzn1.account.AGBOHXYXBGTYMKSGYEHVDJWLREQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Did help me sleep a bit, didn't stop rls](https://www.amazon.com/gp/customer-reviews/R26WY3D9S8O7Q0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 27, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have had rls really bad and got this....will help u fall asleep but doesn't fix rls. Ide still buy it and have but its not miracle supplement

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAaJTpwanfRptdxoSetGF3zN5cdwSAK4IFy6ActQww%2FqAAAAAGgtOvoAAAAB&reviewId=R26WY3D9S8O7Q0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Andrea Obermayer](https://www.amazon.com/gp/profile/amzn1.account.AH7K5UEXIG6CALDPYMCHJF2VWCOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work totally](https://www.amazon.com/gp/customer-reviews/R9AWE88VD6QFT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 6, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My symptoms of RLS don't start till later in the nighttime but has not gone away. They just appear later than they normally did

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJVvk16GagKlvkdIuD4Za9Pg5i%2FWcqsiajZfSKZ%2FKZs%2FAAAAAGgtOvoAAAAB&reviewId=R9AWE88VD6QFT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[candy](https://www.amazon.com/gp/profile/amzn1.account.AH4HF7LG3TINZFUWLX5Z4GMAMJNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It doesn’t work.](https://www.amazon.com/gp/customer-reviews/R3RVNOZX5WJ27L/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 9, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have severe restless leg syndrome as a side effect of antidepressants to the point where I can’t sleep for hours and wake up the next morning sleep deprived and upset. The reviews I read were majority positive and I have it a shot. It has done nothing to stop the sensation. I take sedatives to knock me out because I also have insomnia and normally once I start going down I’m gone and nothing came wake me, but RLS keeps me awake AND will wake me up if I have already fallen asleep. the restlessness in my legs I’ve coupled it with dopamine boosting supplements (RLS can be caused by a decrease in dopamine, which is what my antidepressant does) and it has yet to do anything. The bottle says take 2 tablets but I was so desperate for sleep I took 6 and it still did nothing. It’s unfortunate that I will need a prescription to hopefully help make sleep possible but this product did nothing for me.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLuzRshgLGJv2ZafpZ71FcyHYQg18mgZVcpxjobfIgzGAAAAAGgtOvoAAAAB&reviewId=R3RVNOZX5WJ27L)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[G. Sparks](https://www.amazon.com/gp/profile/amzn1.account.AH4UCDXZANJBIKM64BAE4FBWZEIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Has worked for me.](https://www.amazon.com/gp/customer-reviews/R1MLZ5JJWCUD3H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have tried other supplements but this one seems to work the best. I think they have the right formula. I believe it’s in line with recent research that I’ve read in the RLS foundation literature. It did seem to take awhile of consistent use to show some effect.

[[](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[N. DeLand](https://www.amazon.com/gp/profile/amzn1.account.AGHJJ2RS34ZLP3XIBEKENV3V3WIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great profuct](https://www.amazon.com/gp/customer-reviews/R2UIU3NUTVNCH7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 26, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought these for my boyfriend when had a very hard time sleeping due to Restless Leg Syndrome. These work great. No more RLS and a good nights sleep.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPLUg1K9mtl84Qcse5CqVusauDUu%2F8CjEoO88%2BTLjpP5AAAAAGgtOwMAAAAB&reviewId=R2UIU3NUTVNCH7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anne Thompson](https://www.amazon.com/gp/profile/amzn1.account.AFMO4AURZDALCAL7ASKTR62JX2WQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It really works](https://www.amazon.com/gp/customer-reviews/R32SN1DEYVYMC3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 12, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My husband suffers from rls. This is the only thing that worked for him.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBHl%2BtQEv0NtrxqnNRNw5EYj%2F80VnzeMiNk%2FUjS3xk6dAAAAAGgtOwMAAAAB&reviewId=R32SN1DEYVYMC3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nancy](https://www.amazon.com/gp/profile/amzn1.account.AEVF5THPLVJPI7IXAHZKT4HO7JPQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* didn't work at all for me](https://www.amazon.com/gp/customer-reviews/R3BLE8K072F8Y0/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 26, 2025

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This was a complete waste of my money. I was hoping to be able to find something to replace my expensive prescription for RLS; however, this did not work at all.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAOB6RoUPmwk%2FdBMWDVAkz9htDxX3Ui3%2B82TnJTgw78vAAAAAGgtOwMAAAAB&reviewId=R3BLE8K072F8Y0)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tracey Delaney](https://www.amazon.com/gp/profile/amzn1.account.AHHPPQ7OEKVQTDGJFSQ4EHHMM5UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Only OTC that works](https://www.amazon.com/gp/customer-reviews/R2WMRHE2AXKDLZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 28, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is the only one I’ve found that works for me. I do notice if I’ve drank wine or any other alcohol they don’t work but that’s RLS

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKsoGYU8h9BzEjPY5N1xDaxLQJ5KGBqlsLZNOvBBLglcAAAAAGgtOwIAAAAB&reviewId=R2WMRHE2AXKDLZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel c.](https://www.amazon.com/gp/profile/amzn1.account.AHVJFC4SAPOK363CBMTD5W32SWNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Seems to work well if used nightly as directed](https://www.amazon.com/gp/customer-reviews/R3A9DZZ6GHG608/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 1, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Rls relief

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNvS94PR8YduyZCHjSPIoAXKrUZgAqrsUpow6gVOknNhAAAAAGgtOwMAAAAB&reviewId=R3A9DZZ6GHG608)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jennifer T.](https://www.amazon.com/gp/profile/amzn1.account.AEHLR775K5QGNA6ZSPOEWSFF5UNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* LOVE THIS PRODUCT!](https://www.amazon.com/gp/customer-reviews/R2ZPW48PJ4ZWV5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 24, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've dealt with restless legs for a couple years then, started taking this. It has worked wonders and I would strongly recommend it to anyone who suffers from RLS. It is my monthly go-to now and I won't use anything else.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLL6pJhqBUWtivoJXZg3%2BQmxCsegxAw%2FYo7Xwdea%2B4S1AAAAAGgtOwIAAAAB&reviewId=R2ZPW48PJ4ZWV5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nanci](https://www.amazon.com/gp/profile/amzn1.account.AHFS52IWL6BWHE2GGI4P5CQPVHUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Dies not work for my RLS](https://www.amazon.com/gp/customer-reviews/RVZTOYQD72KWG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on March 4, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Based on the positive reviews I read I bought this product! It did not give me any relief whatsoever! Wasted my money because it cant be returned! I gave it 5 days to make a difference! So beware of the positive reviews !  
I have had rls for over 10 years and have tried So many different products! What works best is to get up and use a deep massager on my legs! Taking pills before they come doesn’t work! massaging before bed doesn’t work! stretching before bed doesn’t work. This product did not even give the slightest relief!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJHQT1rm47MKdEdAMvjXxDPxFfaFqVlor9zAafJAuFRrAAAAAGgtOwMAAAAB&reviewId=RVZTOYQD72KWG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cheryl G.](https://www.amazon.com/gp/profile/amzn1.account.AH25IPYFFDE2ZGYKFD3YCZIYE3OQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far so good!](https://www.amazon.com/gp/customer-reviews/R24LC5XWH1ACAY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 13, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

After my 1st sleepless night from RLS I ordered these. Took them that night and have not had the awful want-to-cut-my-legs-off episode since!  
Not crazy about how big they are or the taste but will endure as long as they work.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE8bc7tB9aD9w3RtVn%2Byn6kKWBisShNwHOVfUg%2FEMTeKAAAAAGgtOwMAAAAB&reviewId=R24LC5XWH1ACAY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CMC](https://www.amazon.com/gp/profile/amzn1.account.AH676OPZ4YVO55LQQYAWYML5H6PQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This works](https://www.amazon.com/gp/customer-reviews/R10QLWSPYVVHC5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 4, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for several years even after spinal fusion surgery. I take one tablet in the evening when the RLS kicks into both legs at the thighs. I am grateful for this product.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPjeP0UUyRL3o3OL6zI135i6heTT8eqQphUhq2b9SiZhAAAAAGgtOwMAAAAB&reviewId=R10QLWSPYVVHC5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Anita Regan](https://www.amazon.com/gp/profile/amzn1.account.AEUDYQYYE3G6GJ3OMA3FOVY5WPDQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* So far it has worked miracles](https://www.amazon.com/gp/customer-reviews/R1W799JA8Y9QTS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 25, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered from RLS for about 10 years now . To be honest I wasn’t expecting much but hoped for a little relief. It has worked great!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFQaK2ePgQfm65zyrHchn2%2BAA%2Bo7lI0EUxAoUNaA21DOAAAAAGgtOwMAAAAB&reviewId=R1W799JA8Y9QTS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Frances M Scanlon](https://www.amazon.com/gp/profile/amzn1.account.AH7ZXZNB7YPATRMYLEZW77GW5B7Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't work for my RLS](https://www.amazon.com/gp/customer-reviews/R1LF6FJLVD3S85/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Used product as directed but there was no change in the RLS symptoms.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hB2hWEFZtx63Rx08mqElypN74UKfKBs7UtRCBUXR%2BjdZAAAAAGgtOw8AAAAB&reviewId=R1LF6FJLVD3S85)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[margie bettiga](https://www.amazon.com/gp/profile/amzn1.account.AGYVYURMJJYZ2IOLYSL2Y4BE43KQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This has helped my restless legs so much!](https://www.amazon.com/gp/customer-reviews/RBC7MPE0VQLLJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have suffered with RLS for years , nothing has helped but this product . Most nights I am not bothered at all!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNS6iODAkE5WD1tGVh4nTKp4ASE6uKwSRSZCJbWuJ5SmAAAAAGgtOw8AAAAB&reviewId=RBC7MPE0VQLLJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jane JB](https://www.amazon.com/gp/profile/amzn1.account.AFMZXQDAM7KJB6HDIYTQZSQAIKCQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well](https://www.amazon.com/gp/customer-reviews/R2N36O3Y01J8Z6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 12, 2021

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

While nothing will completely get rid of RL, this product has definitely reduced mine by at least 75%! Plus helps me sleep better… a win win!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOnJh1ctLsVQEBT83TSuHLX3AxpgjK4o2JexWuHlA7CcAAAAAGgtOw8AAAAB&reviewId=R2N36O3Y01J8Z6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gardener](https://www.amazon.com/gp/profile/amzn1.account.AF5JF4O34O67C6SFQVAWRSG4GDVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for RLS](https://www.amazon.com/gp/customer-reviews/RVG0OFJ629V7S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 26, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I use this product every night for Restless Leg Syndrome. It works great. I highly recommend it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPbRI86%2FMGRLKHFFr5fiTTXneAwAbEf%2F3yQXq8X5Kkb0AAAAAGgtOw8AAAAB&reviewId=RVG0OFJ629V7S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Douglasdzaster](https://www.amazon.com/gp/profile/amzn1.account.AELWXOT2MWITGQKSYEO3YCA3YMZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* May work for different people](https://www.amazon.com/gp/customer-reviews/R27WSRSXZRC3K/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 31, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Did nothing to help with my RLS after talking three weeks. It may help with less severe cases. I ended up getting a prescription.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEQgeYK9Q2Go%2BnCi9DGfioGKjXeTVhhfws81MkCXnCwoAAAAAGgtOw8AAAAB&reviewId=R27WSRSXZRC3K)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[NYNY](https://www.amazon.com/gp/profile/amzn1.account.AEAF2ERP3GYGIZRQJ56QU5K32GWQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Did NOT relieve my restless legs](https://www.amazon.com/gp/customer-reviews/R2CHWSSF89A18H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 19, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a REAL review from an actual purchase. This product does not work to calm restless legs IF your restless legs is not caused by a lack of magneseum or iron. Its just vitamins...basically. Doesnt work at all . Making money from people with RLS and who really suffer from it and lack of sleep due to it. Save your money, ignore the "good reviews" . Please avoid this and dont buy out of desperation to find relief.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDBEtoUuvtRS5ipr2TrLI8QaAOMx%2Fz7m%2BA%2FhomBI3aliAAAAAGgtOw8AAAAB&reviewId=R2CHWSSF89A18H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Cory M.](https://www.amazon.com/gp/profile/amzn1.account.AE4WP3N2WKBNJKGB4HI2ELOQFV5Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It Didn't Work for Me at All](https://www.amazon.com/gp/customer-reviews/R1WE2SX2J69PDM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I took the entire bottle, just before bedtime throughout the process. I only missed taking the supplement one time. I did not notice any improvement whatsoever. It might work for you, it just doesn't work for me. I sure sympathize with anyone looking for relief, I know how miserable RLS can be! Wishing you a good solution. Oh well, I'm on to the next miracle cure...

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI8mYubXqstBTSRBZacxUgyobBtiYyGiblEMNl3JwhwNAAAAAGgtOw8AAAAB&reviewId=R1WE2SX2J69PDM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ronald Fowler](https://www.amazon.com/gp/profile/amzn1.account.AFY4K77R4NSUXO3GWF7ZUCT555WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Does not work.](https://www.amazon.com/gp/customer-reviews/RBRS1LJ7EN1KR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 5, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This will be the third product off of Amazon I have tried for my RLS. Guess I'm going to cut my losses and stick with my prescription meds,as much as I hate to.  
If you have severe RLS like myself it seems like Requip will be the only relief,it's just that I hate the side effects from having to use it.  
It's not very often I write a review,but if this helps someone else save their money,then I hope they read this.

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFdrRAJ64SiddZCFL0nFQPjM12Ct6KuHn0T1wKO0Ul9AAAAAAGgtOw8AAAAB&reviewId=RBRS1LJ7EN1KR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sioux Craft](https://www.amazon.com/gp/profile/amzn1.account.AH7HZSCN2XTPCZBIBNQE5ZJSAXNA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn't work](https://www.amazon.com/gp/customer-reviews/RW8VJQOPTVGD4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 25, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought the product in the hope of actually getting some relief and sleep, but alas, none were to be had. I tried to contact the seller directly so they wouldn't have a negative review, but no luck. I have been taking this product faithfully for over three weeks and have seen no help with my RLS.  
  
Lesson learned, I guess.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMU8ArpfsOA8t%2BqaZleu41QhcTAbNYGkkOuxZ430Dwf2AAAAAGgtOw8AAAAB&reviewId=RW8VJQOPTVGD4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ross](https://www.amazon.com/gp/profile/amzn1.account.AE36GERBHL4TEHOJBB2NR3ZVA34A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Does Not Work For Me](https://www.amazon.com/gp/customer-reviews/R1AAA2DEVWJ97Z/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on August 16, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If your RLS is brought on by Iron deficiency, this might help you out. Most RLS is linked to B1 and/or B6 deficiencies, so this product should only be purchased by some RLS sufferers and not all.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFejEwJ1Fl4rAyoW%2BQMKkK%2FFj%2FWD%2BhIHp5cyNawq0ijvAAAAAGgtOw8AAAAB&reviewId=R1AAA2DEVWJ97Z)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Grammy](https://www.amazon.com/gp/profile/amzn1.account.AFBAIVKZ2NCAJZMX7O7DI5YBFS4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Doesn't work](https://www.amazon.com/gp/customer-reviews/R3G2C63JUGND3M/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 29, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Calm legs made my RLS symptoms ten times worse. I took two tablets last night and was awake all night with intensified RLS symptoms that continue today. Don't waste your money!! No refunds allowed!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLD7LyPtZ09LdzipHoKsQj6q9kzxcP%2Fbazyu76qdtfjNAAAAAGgtOxkAAAAB&reviewId=R3G2C63JUGND3M)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sharon S.](https://www.amazon.com/gp/profile/amzn1.account.AGQLEV4MDQ6J5VMREC3KKZHZRGAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* It sucks!](https://www.amazon.com/gp/customer-reviews/R2TT42C62O1X26/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 21, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It didn't help my RLS one bit! It's a waste of money!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKsx5Q8vtdhIozgAfv2ECritVmj%2FhgXJaSrsvKsDeiVlAAAAAGgtOxkAAAAB&reviewId=R2TT42C62O1X26)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[B. Schildkncht](https://www.amazon.com/gp/profile/amzn1.account.AGEN2WMVXRXG22WVDCBWIBJVXGAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Didn't work at all](https://www.amazon.com/gp/customer-reviews/RPZU2WH9UBQR5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on September 15, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this as a stop gap while waiting for m pharmacy to fill my regular prescription. I have RLS so bad I actually have seizures. It didn't help at all. Dang I hoped it would!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hC0ZzSCyqnyIeuUtqiGgAGRh0htdfJG%2FOqRewGs8H3t1AAAAAGgtOxkAAAAB&reviewId=RPZU2WH9UBQR5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[N Don Brown](https://www.amazon.com/gp/profile/amzn1.account.AFJKAQEGUMDXIBC2ZOKGPTLN6RMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not working](https://www.amazon.com/gp/customer-reviews/RKT40G6JFQK3P/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on April 17, 2024

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

RLS didn’t stop

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBmn7Bo51civS1BF8QWgTv9IA4H65xLU0TiOmp5yI2XTAAAAAGgtOxkAAAAB&reviewId=RKT40G6JFQK3P)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Honey\_De](https://www.amazon.com/gp/profile/amzn1.account.AG5VVLYCIOXCUKFA2DMTD3QYFHWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not for RLS](https://www.amazon.com/gp/customer-reviews/RMMAL9KHI7AOT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on July 11, 2023

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These did not alleviate my restless legs at all. I am so disappointed.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCQSMakerMg6BNaY9olZvFk38Q%2BJCMoip3KrCJAYZnheAAAAAGgtOxkAAAAB&reviewId=RMMAL9KHI7AOT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CarefulShopper](https://www.amazon.com/gp/profile/amzn1.account.AGR2O46LDWEPZ4TQXZMZ3RVZOQHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The perfect supplement to keep RLS symptoms under control.](https://www.amazon.com/gp/customer-reviews/R2H3LXL15Z0TE7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on December 24, 2021

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

My RLS symptoms are generally kept under control with prescription medications. Still, I tend to have flares when the meds are less effective and I have symptoms several times daily for a couple weeks at a time. I'll admit it: I didn't have much hope for relief from this supplement, especially since lab tests have indicated I'm not actually low in iron or B12. But I found that taking Calm Legs in addition to my prescription has made symptom management much more consistent. I've taken them for a couple months now, and so far the benefit has continued.

17 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHjk7o3%2BvcrqUtoiIJoYCFE9ZC49aNy55tltiU5bN3qEAAAAAGgtOxkAAAAB&reviewId=R2H3LXL15Z0TE7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nicolette](https://www.amazon.com/gp/profile/amzn1.account.AEPFKHROE6FFXHZVZU2NVWWWRG3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Near instant relief](https://www.amazon.com/gp/customer-reviews/R2MFG469L2DAS8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 13, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had severe RLS since I was a teenager (15+ years). I get it during the day and night. I get bad flare ups and it sends my nerves over the edge and interrupts my life. But with these I've notice if I take them right when I start to feel my knees tingling, it helps keep it at bay. I usually only take 1 pill but it recommends taking 2. They do not make me drowsy but it does list that as a potential side effect.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFotPe%2FQ6i6SbDYbBQX7Hj%2BJTrkcWPI3iO6oZjMX1euwAAAAAGgtOxkAAAAB&reviewId=R2MFG469L2DAS8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Linda Lou C](https://www.amazon.com/gp/profile/amzn1.account.AE5XSRQ6QRNXLBIIQZOUCA7XPP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Must buy for restless legs](https://www.amazon.com/gp/customer-reviews/R2ZADNFT62FEBX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 20, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I purchased this a few months ago and even though it worked I wasn't sure it was the reason my restless legs syndrome (RLS) got better. I had another magnesium purchased before so I went back to using that. A couple of weeks later the RLS was back so I made an emergency same day order for Calm Legs and also put it on subscribe and save. Lesson learned. Once this arrived and I used it my RLS went back into hiding.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJUIJLbMjIlk8odZe7VWvsKCQmw11MgBOtGc%2Fto40RaiAAAAAGgtOxkAAAAB&reviewId=R2ZADNFT62FEBX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Holly](https://www.amazon.com/gp/profile/amzn1.account.AEKCPRSLYWFV4APHR4RFFIQY7VBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works perfectly!](https://www.amazon.com/gp/customer-reviews/R1LSGRMV6QTK2R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on May 11, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I rarely write reviews for anything but I really felt like I had to for this one. I’m hoping to help someone else. I have RLS. It’s pretty severe. I struggle every night. I’m on the highest dose of prescription that I can be on and it hasn’t worked. I’ve only been taking Calm Legs for a week but I haven’t had one episode since I’ve been taking them. Going from every night to having nothing in this week has been exciting. I’m finally able to grab some much needed sleep. I am thrilled and am hoping for the best for this to be a long term help. I’m sure it’ll help you as well.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEblwxeAQ1ohgmJKpETfUhh%2Fg%2Bd3GjIwgZMYD72M%2FLhhAAAAAGgtOxkAAAAB&reviewId=R1LSGRMV6QTK2R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Dee](https://www.amazon.com/gp/profile/amzn1.account.AHJKLQS5QWSGISE3TAZ2WHSW472Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works or not](https://www.amazon.com/gp/customer-reviews/R1AUVW20BB8Z0V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff is great. I just started having RLS about about 7 months ago.  
And I thank God I found this product. I highly recommend

[[](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jg](https://www.amazon.com/gp/profile/amzn1.account.AHHHGNUIRS724U22V5T4TWG3KQXQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Best relief I’ve found](https://www.amazon.com/gp/customer-reviews/R2F624YET4SLHG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on February 28, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

When used consistently I rarely have an issue with RLS. I’ve tried other pills, and creams but this by far is what has worked for me!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNTly3AIYHyeDKacT1vBFXp87pXkYzwxk6dM7qixiTL2AAAAAGgtOx8AAAAB&reviewId=R2F624YET4SLHG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angelia Lampton](https://www.amazon.com/gp/profile/amzn1.account.AG5NAERHGW7DTYIFTPM3T5XJGJGQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This is amazing!!](https://www.amazon.com/gp/customer-reviews/R1CFVAJCXTR38A/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on January 16, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I suffer from RLS severely. I have had a lot of sleepless nights. I highly recommend this!! It works wonders!!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDGQdLuB48CVUuq9iBQ0c1fg%2FGBIV0QTw8Wi%2B8VdoYH0AAAAAGgtOx8AAAAB&reviewId=R1CFVAJCXTR38A)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ERIC SWAN](https://www.amazon.com/gp/profile/amzn1.account.AG3G7SHPMKUBBM756MDAYEAQRVIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* helps my rls](https://www.amazon.com/gp/customer-reviews/R1S5KGTC7YJPN8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on October 31, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

i liked it helped with my RLS at night

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMIiH%2FlelzhX%2BpUUvfvRm2UG4J0iCM06gDUqUpbEPzMUAAAAAGgtOx8AAAAB&reviewId=R1S5KGTC7YJPN8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[SHL](https://www.amazon.com/gp/profile/amzn1.account.AG3LW74YFHF3FHOHIU5XQOOA2UXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Working!](https://www.amazon.com/gp/customer-reviews/R2IZU80JQIW36H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B09K4KX8DP)

Reviewed in the United States on June 25, 2022

[Size: 1 Count (Pack of 1)](https://www.amazon.com/Calm-Legs-Crawling-Tingling-Magnesium/product-reviews/B09K4KX8DP/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This has been helping a lot for my RLS with the Gabapentin I was already taking - adding this has helped a lot.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF%2BcsocDzTPWT3vXGf5PS%2Bh1WDBa81NDQyq8KFFCfUnYAAAAAGgtOx8AAAAB&reviewId=R2IZU80JQIW36H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGHFUVNIQ7Q4TLCVEOVVY63Y7DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGHFUVNIQ7Q4TLCVEOVVY63Y7DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amanda](https://www.amazon.com/gp/profile/amzn1.account.AEGHFUVNIQ7Q4TLCVEOVVY63Y7DQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Goodbye Elaine Benes legs, Hello Sweet Sweet Sleep](https://www.amazon.com/gp/customer-reviews/R3I9IOOXI36UU6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 19, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Listen, I love my legs. They may be thicker than a snicker and closer to Casper in complexion, but they carry me around. Because of them I can chase my crazy children around the house or rush through the grocery store like an Olympic athlete.  
But at night? These gams are not my jam.  
At night my legs turn into possessed, wiggly spaghetti noodles that have a mind of their own. The uncontrollable urge to literally just twitch and jolt my legs around is unbearable. Lucky for me, I have a husband who could literally sleep through an alien invasion. Probes and all.  
  
I was on a medication for it for years, but it eventually stopped working for me. I've also tried any and all recommended activities and supplements, the glory of RLS just runs in my family. But Hyland's Restful Legs PM are tiny magic tablets that keep my twitchy legs from performing their nighttime channeling of Elaine Benes and her dance skills.  
  
My favorite part? No cruddy, groggy, hangover in the morning.  
  
If your legs turn into hyperactive toddlers at bedtime, give this a shot.

73 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLfN5LDJJjvkmiSTlab2UpBkhQ0QbffKFtdOPejTgEYYAAAAAGgtNVcAAAAB&reviewId=R3I9IOOXI36UU6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFESATAHYX2ERAUV4QY4MROCA2VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFESATAHYX2ERAUV4QY4MROCA2VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Katrina M](https://www.amazon.com/gp/profile/amzn1.account.AFESATAHYX2ERAUV4QY4MROCA2VQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Work fast](https://www.amazon.com/gp/customer-reviews/R1CEIK5W83M4XK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 5, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I get rls almost every night and within minutes after dissolving 3 tabs under my tongue it's gone and I can get to sleep

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDqzaNj3rTapowhWOZz8Izk%2F%2Fr%2Bl%2BF8RtLtAlWuBY7s2AAAAAGgtNVcAAAAB&reviewId=R1CEIK5W83M4XK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBZMLIXOBQHPMZDAPFQFY44FPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBZMLIXOBQHPMZDAPFQFY44FPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Paige Regan](https://www.amazon.com/gp/profile/amzn1.account.AFBZMLIXOBQHPMZDAPFQFY44FPOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works but not for severe pain](https://www.amazon.com/gp/customer-reviews/R3FJQ1Y377UB1I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 3, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These worked wonders. I’m giving 4 stars because i can see how these could become addicting or how someone could get used to them fairly quickly. They literally work magic but for someone who has rls severely once they wore off which was within 25 mins the pain was excruciating. Now if you have mild or moderate rls these will work for you!!!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL6EGcQS0NX0DzDfYl363%2Bn22GHkZ80lmA7X%2FIhPPezRAAAAAGgtNVcAAAAB&reviewId=R3FJQ1Y377UB1I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMU52Q5W7TDFIIZJH3QAJ7HU3WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMU52Q5W7TDFIIZJH3QAJ7HU3WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEMU52Q5W7TDFIIZJH3QAJ7HU3WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Good for mild RLS maybe](https://www.amazon.com/gp/customer-reviews/R5FD171V28X5W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 8, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have pretty severe leg ache and restlessness. I stretch twice a day and always before bed. These pills seem to help a bit but my symptoms are very bad. I sometimes use along with some overcounter rls cream and CBD/THC balm. If I want no symptoms I take my pramiprexole from my doctor. I'd prefer not to take RX meds but I take them if I really need to sleep. I have been using these pills only a few days so maybe they take some time to work to their fullest for me. I have a feeling that people who say products like this work after some time may have an iron/magnesium deficiency. I'm still waiting to see a neurologist about the cause and hopefully non RX solution to mine. I'll keep trying these pills for a bit. I'm a little nervous that they contain arsenic but it's a very low concentration.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMqqGJj4ko2K4jJxJwcBLqOEHxF%2FxAbhMumkTZTEU3qDAAAAAGgtNVcAAAAB&reviewId=R5FD171V28X5W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF5QJVBTMZ4UJTN63KT2PTVU3DVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF5QJVBTMZ4UJTN63KT2PTVU3DVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Chicago Kelley](https://www.amazon.com/gp/profile/amzn1.account.AF5QJVBTMZ4UJTN63KT2PTVU3DVA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Eh. No difference than the original, to be honest.](https://www.amazon.com/gp/customer-reviews/RHHU97C9GM5WY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 12, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried the regular Restful Legs when I first got RLS and it worked (still works) great! I thought a PM version would be helpful instead of taking the regular version plus melatonin so I bought it. I'm disappointed that the PM version isn't any better at all. It's fine, don't get me wrong. But, if you need the sleep component, this isn't it.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLL3kOQKlb69dQQ5XfQIcFyA3f5DS%2BrNUk%2F6%2Bol6JWCeAAAAAGgtNVcAAAAB&reviewId=RHHU97C9GM5WY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AES6VQRMJBGR2Q7VFNJ2KI6BRQ3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AES6VQRMJBGR2Q7VFNJ2KI6BRQ3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sean M](https://www.amazon.com/gp/profile/amzn1.account.AES6VQRMJBGR2Q7VFNJ2KI6BRQ3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Good for mild symptons](https://www.amazon.com/gp/customer-reviews/RC5KX64TB4GOX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 28, 2024

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this for Restless Legs. I'm on a scale of 10 when it comes to this condition. This product for me brought it down to about a 6 and maybe delayed the onset by about 30 minutes (more time to fall asleep). For RLS, one jerk is enough to wake you up though. So, some relief for me but not a complete solution.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPS2xcDxPYonF4nqg6EtxIdn73V%2BQeIES%2B3Gbtz5YAUiAAAAAGgtNVcAAAAB&reviewId=RC5KX64TB4GOX)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFTWUCWJXD3EZLTWBQGQZ5CKNOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFTWUCWJXD3EZLTWBQGQZ5CKNOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Kumiko](https://www.amazon.com/gp/profile/amzn1.account.AFTWUCWJXD3EZLTWBQGQZ5CKNOLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Worked really well for me! Until...](https://www.amazon.com/gp/customer-reviews/R1V1JOK0F2VUJQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 4, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I love this product. I really do. That being said, I hate my body. I really do.  
  
I occasionally get RLS here and there. Nothing bad though on nights that I do get it, I can pretty much forget trying to sleep that night or the next couple of nights. Thankfully it passes. But since being prescribed and now on said new prescribed meds, it made my RLS flare up so much more and so much worse now.  
Where I would get it every so often, I get it every night to it even carrying over to the day. So, in order for relief, I ordered this. This among creams, machines, compression socks, stretchers. A whole pack of things that Bezos was probably more than happy for me on getting. His workers? Not so much but that's a whole different story and mess. Anyways!  
It worked! It worked so well, by itself, I was brought to near (happy)tears. It didn't make it gone completely but it made it to where I could sleep at night and not be in (miserable)tears in the day. That being said, I had to stop given apparently I'm allergic to it. Broke out in a full blown body rash. Hives. Worst allergic reaction since benadryl won't cut it and if I tried to power through it, eventually my body will go into shock as my organ shuts down. Sigh. Least it worked well while I took it before my body decided that it's more fun to suffer.

25 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEHOVAc0DkuQ7cqMdIMXKeXu0V9TS6Hizr%2FBSS7ZVrPHAAAAAGgtNVcAAAAB&reviewId=R1V1JOK0F2VUJQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3QA5D7MIBXZCMF2FWEZVJ2EEFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3QA5D7MIBXZCMF2FWEZVJ2EEFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tbone](https://www.amazon.com/gp/profile/amzn1.account.AG3QA5D7MIBXZCMF2FWEZVJ2EEFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Helps](https://www.amazon.com/gp/customer-reviews/R1W8BIDNS9YI0S/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 15, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This helped save my sanity when my restless legs got so bad I could hardly sleep. I was pretty sure it was caused by low blood iron or ferritin, so I took these while I waited for my blood builder supplements to help (a couple weeks.) These tablets dissolve easily and have a mild sweet taste. They didn’t take the pain and discomfort all away when my rls was really bad, but they take the edge off. When my rls wasn’t too bad these can almost take it all away. these would have been amazing when I had bad rls with pregnancies. I am glad to have them on hand now for when I need them.

[Customer image](javascript:void(0))

12 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hD6zh7bNCelpyHV77hvXW7Fd4yx2ZjFb8qSKXzUV%2FpS1AAAAAGgtNVcAAAAB&reviewId=R1W8BIDNS9YI0S)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYGY2L3U2EGSFI5GW4UVFTF43RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYGY2L3U2EGSFI5GW4UVFTF43RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gggirlgeek](https://www.amazon.com/gp/profile/amzn1.account.AGYGY2L3U2EGSFI5GW4UVFTF43RA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* AT LAST!!!](https://www.amazon.com/gp/customer-reviews/R28SFXLI1UXCB5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 27, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bless the ground that Hylands stands on! This actually works for me. I am honestly shocked. I have been having restless legs, arms, and abdomen for years now. Sometimes for no reason but usually when I take Vitamin D, Calcium, or Tylenol. I also suffer from bad insomnia. This stuff stopped the RLS and actually put me to sleep the first night. I woke up after a few hours feeling just a bit groggy, like when I was a child, and knew it wasn't time to get up yet. I happily went back to sleep and woke up after 9 hours. Never happens for me!  
  
I do let it dissolve under my tongue and don't eat anything for maybe a half hour after. Homeopathic remedies work best absorbed through the mouth tissues (sublingual.) Mint can interfere so I don't brush my teeth right away either.  
  
I will say it's not 100%. I still have to use my magnesium spray sometimes when the RLS is bad, and I do take magnesium tablets with my Vitamin D. Also, my insomnia is caused by several things including frequent hot flashes, nervousness, RLS, and irregular schedule. So I am surprised that this stuff gets me to sleep 50% of the time. But I need to treat the other causes to really get better sleep.  
  
I have used homeopathy in the past with success but it's hard to know which remedies to take without a lot of research or a good practitioner. So I'm normally just shooting in the dark. I am going to try some more Hylands formulas. I'm a fan!

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFgXvMXWJHn7%2F9nq9BjNb%2FXUvrYSRmpapR%2FNoNBpwo3SAAAAAGgtNVcAAAAB&reviewId=R28SFXLI1UXCB5)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG2RXQEXTIXVC5MFC5734GR4HA2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG2RXQEXTIXVC5MFC5734GR4HA2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mindy T.](https://www.amazon.com/gp/profile/amzn1.account.AG2RXQEXTIXVC5MFC5734GR4HA2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* OH THANK GOODNESS](https://www.amazon.com/gp/customer-reviews/RT7TXIBJDUQYM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 2, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If you have Restless legs syndrome than you know the absolute freaking misery that is your evenings. The feeling is indescribable to your family and friends. There are medications you can take, but they have side effects. Suffering through it is sometimes your only option and all you want to do is rip your legs off. The constant need to move your legs disrupts your relaxing time and sleep. It is HELL on earth. BUT if you have come here and looking for a HONEST review, you have one. THIS FREAKING WORKS. It worked for me. I took two on a night when I wanted to tear my skin off and within about half an hour the freaking feeling went away. It went....AWAY. I was able to sit and watch TV. I almost cried (if you know, you know). I haven't been using it long and I don't even care if the result was psychosomatic. It worked. If you are hesitating, don't. Just purchase this, follow the instructions and I PRAY it helps you. I would say I have mild-moderate RLS, so if you have it worse than me, maybe it won't work. But, for under 10 it is worth a try. As a side note, I also have Restless Arm Syndrome, yay me. This also stops that from happening. Honestly, can not TELL you how freaking happy I was to have some peace. I plan on buying more.

### rom the United States

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBYW5U7UT7OHT4SRFCOZKS7TSWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBYW5U7UT7OHT4SRFCOZKS7TSWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Andrea S. / DJ Purity](https://www.amazon.com/gp/profile/amzn1.account.AFBYW5U7UT7OHT4SRFCOZKS7TSWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Takes a while to work and makes my head feel funny, but it works](https://www.amazon.com/gp/customer-reviews/R2V7NDPDJW5LDS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 5, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I remember trying this product many years ago when I took myself off of pain medication. I had horrible restlessness and kicking legs. I first found my parents had a bottle bc my dad has RLS. So I gave it a try and was surprised that it worked, bc I normally don't find much homeopathic remedies work for me the way I need them to, or they are not strong enough.  
  
This I got off Amazon is the same.company and brand. I had some today as I am quitting cannabis which makes me very restless and pacing and unable to lie still at night. I had such bad anxiety as well.  
  
I took 2 tablets sublingually and was still pacing, but a couple hours later began feeling my legs more restful. And then I had a funny feeling in my head I didn't like. But I felt like my body was not restless any longer.  
  
I suppose if I took this at bedtime I'd sleep thru the funny feeling. And it did make me feel a bit tired. So I would save this for bedtime.

13 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFPUFERyVZoMp3E9wWvttWcxB%2F%2FuAziCIO3NkW3prIjhAAAAAGgtOzIAAAAB&reviewId=R2V7NDPDJW5LDS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGYZ2H7PCZXLRHBY4SDLSUDWMK3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGYZ2H7PCZXLRHBY4SDLSUDWMK3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Yvonne](https://www.amazon.com/gp/profile/amzn1.account.AGYZ2H7PCZXLRHBY4SDLSUDWMK3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* No releif](https://www.amazon.com/gp/customer-reviews/R1J2VRCSG44AO6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 13, 2025

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Although these tablets disolved quickly ant the tase wasn't bad, I never got any releif from taking three tablets. Up all night trying to deal with the RLS. Finally had to take my preciption to get at least a couple of hours of sleep last night. Very disappointing!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hI2OXP5csliJWlcClfHuaNNZr%2BLsnwCRBjsU1pRHtGydAAAAAGgtOzIAAAAB&reviewId=R1J2VRCSG44AO6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHYO2IUVSD7ISM2CRDZTXEPF6Q2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHYO2IUVSD7ISM2CRDZTXEPF6Q2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Becky](https://www.amazon.com/gp/profile/amzn1.account.AHYO2IUVSD7ISM2CRDZTXEPF6Q2A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* MAGIC PILLS - game changer!](https://www.amazon.com/gp/customer-reviews/R1MM1QVGDCLVXH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 26, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am a young 30-something who has had RLS for many years. I have no underlying health issues that would cause restless legs, nor do I take any medications that would cause RLS. Normally I manage my RLS through a balanced diet, exercise, and high-absorption magnesium supplements.  
  
Recently I underwent an ACL reconstruction. This means I'm basically 100% sedentary and my appetite is all over the place so my diet is as balanced. I started getting awful fits of restless legs at bedtime and my sleep was completely disrupted. On top of that, combine the severe fidgeting with a very painful knee in a stiff brace and I was truly miserable.  
  
I'm not sure if it's a placebo effect or truly therapeutic, but I haven't had an RLS episode since taking these at bedtime. I'm so grateful I found this product and am a customer for LIFE.

6 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNXcbmBl8qMsp4OlXsE7hsjtD3rfYHDNUTC1g5ySb6wdAAAAAGgtOzIAAAAB&reviewId=R1MM1QVGDCLVXH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFPWANX7N4VFZENAFXDZKYXFBZZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFPWANX7N4VFZENAFXDZKYXFBZZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[R. W. Walker](https://www.amazon.com/gp/profile/amzn1.account.AFPWANX7N4VFZENAFXDZKYXFBZZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helps Relief RLS - But Not Totally](https://www.amazon.com/gp/customer-reviews/R1W6FDUYJZBNMG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 10, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have found that taking these tablets helps in relieving restless legs SOME nights. However, it doesn't work for me every night. Not sure what is different between nights it does work and when it doesn't, but at least it helps me get a good nights sleep some nights.

21 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNTrvzHmYLEleMIEb0gu5WUYY6URWH%2BrPITl%2F6xM91smAAAAAGgtOzIAAAAB&reviewId=R1W6FDUYJZBNMG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHIXI5CJRLXIS2KLTB7TJWM5CR3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHIXI5CJRLXIS2KLTB7TJWM5CR3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[wendy l](https://www.amazon.com/gp/profile/amzn1.account.AHIXI5CJRLXIS2KLTB7TJWM5CR3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R3BRHCP6ALWA7W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 17, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product does not work for restless leg syndrome. I felt absolutely no relief at all.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hComL3Y62bNVentFWvafocmjawwnQ6q5%2FbWK5nmye3XJAAAAAGgtOzIAAAAB&reviewId=R3BRHCP6ALWA7W)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEGWOHNYGRVPKNIVBLHEOU432PIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEGWOHNYGRVPKNIVBLHEOU432PIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Teresa A](https://www.amazon.com/gp/profile/amzn1.account.AEGWOHNYGRVPKNIVBLHEOU432PIA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Something to FINALLY make my legs shut up.](https://www.amazon.com/gp/customer-reviews/RUPB8S9R481VJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 27, 2019

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These little pills work! I don't know how or why, but they calm my legs down so much I hardly move and kick around now. They make my legs shut up. For years hubby and I have told my legs (and sometimes arms to be quiet. It got worse a few years ago after a total knee replacement that needed a revision and still isn't right.  
  
I don't take it during the day unless I am really having problems. But 2 tablets under the tongue a half hour before bed does the trick. And on rare occasions where the RLS is stronger than these pills, I get up and dissolve another 1 or 2 under my tongue and I'm good to go to sleep. I'm not taking the PM formula because I still get sleepy with these.  
  
And for what it's worth, I believe the claim on the box that it's not for restless leg syndrom is something their lawyers had them do for liability reasons. I.E. the people who don't get relief from this product. For me, it works great. It's on my subscribe and save orders so I wont dun out.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIPdIDZ6Dt1rUew36SE2VZgBEZhfEYGZZilv7betc26PAAAAAGgtOzIAAAAB&reviewId=RUPB8S9R481VJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEF5F2C4SHEHPHYGFN6F5GWE7LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEF5F2C4SHEHPHYGFN6F5GWE7LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sarah Wade](https://www.amazon.com/gp/profile/amzn1.account.AFEF5F2C4SHEHPHYGFN6F5GWE7LA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Does the job](https://www.amazon.com/gp/customer-reviews/R3N2FQ1SPHX2YU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 3, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was hesitant to buy a product like this, but with fewer and fewer options I decided I should give it a try. I'm glad I did.  
  
I've been a sufferer of Restless Leg Syndrome since I was a teen (I'm now 23), and it's been difficult to live properly without it. I would keep me up all night and I would struggle to go to work the next day. I'm on medication for it and I still could not seem to get it under control. I tried so many things, both to prevent and treat this and very little is a surefire working solution.  
  
In comes this, I use it as soon as the symptoms start coming in and I'm asleep within 30 minutes. I don't know how it works but it sure does. And I highly recommend it to anyone else who suffers with RLS or similar conditions.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL6BihS2LU2THdEfLYkmkz5RI7CDwYLu%2BuiEz938IHxiAAAAAGgtOzIAAAAB&reviewId=R3N2FQ1SPHX2YU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBLP5TLH5V6ENI4JALOR2JSNX4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBLP5TLH5V6ENI4JALOR2JSNX4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Zumchak](https://www.amazon.com/gp/profile/amzn1.account.AGBLP5TLH5V6ENI4JALOR2JSNX4Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Finally, some relief!](https://www.amazon.com/gp/customer-reviews/R10RTBGNBHLCRM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 27, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS since I was a teenager, and it only got worse into my adult years. When I was pregnant with my first child is when it really seemed to get a lot worse. Now I get it in my arms and pectoral muscles, and my usual means for relief (sitting up, standing/walking, etc) do not seem to help when it's in my arms. Desperate for relief I ordered these, and while they don't completely take the symptoms away with one dose, there is a significant difference and some relief. Sometimes I need to wait the 15 minutes and take another dose, or combine it with a short walk or shower to get full relief; but it is MUCH better than nothing. I'm on my 4th bottle of this stuff now and I swear by it. Now that I am pregnant with my 2nd child I've been having to take them almost every night; but its nice to know I have something dependable and safe to reach for when the symptoms get bad.

8 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCZz%2BaPbLVIXHokPrfL2fkxXT66qKH3SYfY%2BaEFoZrZTAAAAAGgtOzIAAAAB&reviewId=R10RTBGNBHLCRM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3MDBDNRH6CVU32BKAIBECKA7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3MDBDNRH6CVU32BKAIBECKA7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Terry W.](https://www.amazon.com/gp/profile/amzn1.account.AF3MDBDNRH6CVU32BKAIBECKA7EA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Immediately Quiets my RLS](https://www.amazon.com/gp/customer-reviews/RXWKZ7HV2LUBT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 20, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I often experience Restless Leg Syndrome after laying down, the annoying feeling used to keep me awake until I started using Restful Legs. As soon as symptoms begin I put 4 tablets under my tongue, it only takes a few minutes for my legs to relax. I do not let myself run out of Restful Legs. I take it on car/plane trips in my purse in case my RLS symptoms start due to sitting for a long time.  
Once in a great while this medication doesn’t get rid of the symptoms right away so I take another half dose and it works. I also use Hyland’s Leg Cramp medicine, it works almost instantly for me too. Hyland is definitely a “quality of life saver”. I love that it is over the counter and homeopathic.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDQREKkmuv7VrI9cmtFvvdxaArbrbbzZSgMs81AJZZ8dAAAAAGgtOzIAAAAB&reviewId=RXWKZ7HV2LUBT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3YS3H4RMHESZXYSNKASVBZLSHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3YS3H4RMHESZXYSNKASVBZLSHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AF3YS3H4RMHESZXYSNKASVBZLSHQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* This actually helps a lot!](https://www.amazon.com/gp/customer-reviews/R284LMB5I89HGH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 15, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I figured this would be another gimmick that didn't work but as a long time sufferer of RLS, I hoped for the best due to some of the good reviews. I take Requip at night and that usually does the trick as long as I remember to take it early enough, But the daytime is another story: Naps, TV watching, going to the movies or sitting through a symphony, well the misery begins. Even after I've taken Requip at night I sometimes get some breakthrough symptoms. I melt 3 of these small tablets under my tongue and, voila!, the symptoms subside. I'm really in awe of how effective thye are. I don't know if they could handle a full-on nighttime attack but for the daytime or breakthrough symptoms, they are great. I wish they would list the ingredients though as I'd like to know what I'm taking.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hE3632LrrntruannKYoxCRHJ%2Ba5PoH1gsvRWC3Twr5sbAAAAAGgtOzIAAAAB&reviewId=R284LMB5I89HGH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG3JDTN4XTN3J2GLW6O3SLTYOWFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG3JDTN4XTN3J2GLW6O3SLTYOWFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[James P](https://www.amazon.com/gp/profile/amzn1.account.AG3JDTN4XTN3J2GLW6O3SLTYOWFA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works for RLS](https://www.amazon.com/gp/customer-reviews/R3KTQ6UXZBLKX4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 18, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought for restless legs and it works pretty well. I was surprised by the results.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJU44ANJYLCW6hK4%2F%2Foyh2RIotKOCMH9odXYa1C9YjUJAAAAAGgtO0EAAAAB&reviewId=R3KTQ6UXZBLKX4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGMEH6RFZG2EEYRKPWMM6QI7V6BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGMEH6RFZG2EEYRKPWMM6QI7V6BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Susan F.](https://www.amazon.com/gp/profile/amzn1.account.AGMEH6RFZG2EEYRKPWMM6QI7V6BA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* These work like magic!](https://www.amazon.com/gp/customer-reviews/R2I3MH6NLTMCRF/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on December 8, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I am thrilled to have found Restful Legs! They have been a godsend! I've suffered from RLS for quite some time and have tried almost everything but nothing was a good long-term solution until I found this product. I recently switched from the regular Restful Legs to the PM and they really do put me right to sleep. No more tossing and turning trying to get my legs to calm down so I can rest! I let 2-3 dissolve under my tongue and within minutes I get results! If you suffer from RLS and haven't tried these yet, what are you waiting for??

6 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMcvWsVRMB1UEkfzvdvHBSTrc%2Fa7FyJfY2RYw2bUZlQVAAAAAGgtO0EAAAAB&reviewId=R2I3MH6NLTMCRF)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEETIFUDUJIHKNBZTOHXUDEMLHMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEETIFUDUJIHKNBZTOHXUDEMLHMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Goddessofo](https://www.amazon.com/gp/profile/amzn1.account.AEETIFUDUJIHKNBZTOHXUDEMLHMA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* the stuff really works -- and quickly](https://www.amazon.com/gp/customer-reviews/R3AXG6WFUMFGPY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 20, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've struggled with RLS for years and this product really provides quick relief. I also have prescription meds that work well -- but when I don't want to go the prescription route I use the Restless Leg pills. They dissolve quickly (don't taste great but it's a small price to pay) and work just as fast. I take 3 at a time but feel no drowsiness the next day. If I didn't use these pills I would not be able to sleep. RLS can not be ignored at bedtime.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMgVZYVSIijTuLtcm2PY2S%2Fwck5Z593UsGQyrjFtXaS5AAAAAGgtO0EAAAAB&reviewId=R3AXG6WFUMFGPY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFXU6EA3YR2WFWUXVUPTB7WILLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFXU6EA3YR2WFWUXVUPTB7WILLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[E. Edwards](https://www.amazon.com/gp/profile/amzn1.account.AFFXU6EA3YR2WFWUXVUPTB7WILLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great product; really works](https://www.amazon.com/gp/customer-reviews/R2WJBQFST79C53/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 11, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don't have pain with my restless legs, but when it strikes, it can wake me up and then there is no chance of getting back to sleep. This stuff works within about 20 minutes. It's like the Tylenol for restless legs. It has never not worked for me. I have used it for months. An after thought, I used to get RL almost every day, I don't know if it's because I take this every time it shows up or what, but I have gone as long as a week without being bothered. I don't know that the product works like that, but I am not going to argue with the results.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKY7majB9Q4CKjNuACsvArkgeC7NXI2kiswadDHKk8CFAAAAAGgtO0EAAAAB&reviewId=R2WJBQFST79C53)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEKFBVIWWJ4K6BAWVXEWW5Z73KQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEKFBVIWWJ4K6BAWVXEWW5Z73KQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Charles Taylor](https://www.amazon.com/gp/profile/amzn1.account.AEKFBVIWWJ4K6BAWVXEWW5Z73KQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Pricey but it works](https://www.amazon.com/gp/customer-reviews/R37XF790QHY9OB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 23, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I got this because of my RLS that was keeping me up at night. I always took melatonin but mixed this in as well. It definitely works! I got the PM one and realized I don't need to take the melatonin and this together as this knocks me out pretty well.  
  
I left 2 stars for flavor but the issue is not really flavor as much as it is the texture. It melts under your tongue and then you swallow it so it's not awful but they are very chalky.  
  
Most importantly it works so if you're dealing with RLS try this out!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBZ8fB%2BCK2VIGlelL%2FHHFvmoaZdKZ%2FjDHQ6ms1sPMQaOAAAAAGgtO0EAAAAB&reviewId=R37XF790QHY9OB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGKD7E2NGLWFHDRUQDWX55S67ZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGKD7E2NGLWFHDRUQDWX55S67ZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lydia](https://www.amazon.com/gp/profile/amzn1.account.AGKD7E2NGLWFHDRUQDWX55S67ZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* For me, it works like a charm!](https://www.amazon.com/gp/customer-reviews/R35GFOUGDIQ1YR/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 4, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS my entire adult life and it has always appeared in waves.. but when it happened the only thing I could do to get rid of it was get up and do squats until the sensation dissipated... at 1 or 3am I'd bust out 40-60 squats while half asleep. Recently the sensation has been on the rise, as I started to meditate for an hour every day... 6 months later, I could barely get through 30 mins without having to stop... This product WORKS and no, it's not in my head! I can get through my meditations and so far, I have not had to do a single middle of the night squat. Even if I'm already feeling the light sensation, which is always a precursor to a $h!t nights sleep or poor meditation, I take 3, wait 5 to 10 minutes before i lay down and I'm golden.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCKKQoB48Iuuf%2FRj80ljjbllzB1YY4VpBg0jtsFgVkmjAAAAAGgtO0EAAAAB&reviewId=R35GFOUGDIQ1YR)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGFSH46ZCBNOYMGO2OTNVEPSA5HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGFSH46ZCBNOYMGO2OTNVEPSA5HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGFSH46ZCBNOYMGO2OTNVEPSA5HA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works! Melts under tongue.](https://www.amazon.com/gp/customer-reviews/R1BOCRY5W07BVA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 6, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I don't get paid for my reviews. This works for me with no side effects. Melts under the tongue so no worries about a large pill to swallow. They are small, about Aspirin size, or smaller. I really didn't think they would work. I can't take any "PM" meds like Advil PM or Benedryl. I'm allergic to that stuff. Since this is natural I tried it. I have horrible RLS and it was getting worse. I'm still taking my regular meds and together they are working. I might try and ease off script meds. Thank you for helping me get to sleep again. P.S. I started by taking only 1 1/2 to be sure it didn't bother me. Next night 2 and no problem. I do wake up sometimes 4 hours after taking and I take 2 more. Not every night though.

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHo63yxGS8aG7HIaP%2FgBx7cSsJumuitvUbM0VZAxh55mAAAAAGgtO0EAAAAB&reviewId=R1BOCRY5W07BVA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFOEV6762H3HWHRNYYHACAJGAP3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFOEV6762H3HWHRNYYHACAJGAP3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lauren B.](https://www.amazon.com/gp/profile/amzn1.account.AFOEV6762H3HWHRNYYHACAJGAP3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Not helpful while pregnant](https://www.amazon.com/gp/customer-reviews/R23L9LSGGL4P12/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 16, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I bought these for my twitchy legs at night while I'm trying to sleep. I'm 7 months pregnant and don't normally have nightly RLS symptoms. My doctor said there's nothing that helps except have the baby. Well she's right. Hasn't done a thing for me the past four days since starting the bottle. Figured it was worth a try because I'm overly exhausted but nope still just as twitchy jerky and Charlie horses have started now. So not leaving a one star review when it's because of my pregnancy that I twitch. I'm sure it works for non pregnant people.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO95S6uPT02w%2FfLRXaL6ccgcPJdE%2F%2BXAAupC9s0DwTlyAAAAAGgtO0EAAAAB&reviewId=R23L9LSGGL4P12)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGUSJMALUUFIP3LEG6X2WWSN3AUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGUSJMALUUFIP3LEG6X2WWSN3AUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jan Kelley](https://www.amazon.com/gp/profile/amzn1.account.AGUSJMALUUFIP3LEG6X2WWSN3AUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Save your mind, your marriage, and/or your life](https://www.amazon.com/gp/customer-reviews/R3M8W0I0JS4A2C/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 17, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

If I saw this product in a bar, drinks would be on me all day, every day. I'd marry these little angels if I could. If I had to give up my phone or my Restful Legs, no contest: bye bye phone. If there was an award for good things to do at night, popping some of these bad boys into your piehole would win first place.  
  
I was nearly suicidal before I found Restful Legs at the local grocery store because nothing else I tried gave me any relief from the flopping and jerking and bike riding I was helpless to stop doing all night long.  
  
Also, do NOT take diphenhydramine. Contemplated jumping out off the 27th floor balcony of a hotel in Bangkok after I mistakenly swallowed something I got from a pharmacist that he said would to help with my RLS. He was quite wrong. Quite.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIIUyjgsCNTpTLjRWCkl2JakuvnwKqFDb5ZMH8vsc9gsAAAAAGgtO0EAAAAB&reviewId=R3M8W0I0JS4A2C)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEEB5XLYG4ITGYY5N5GBV6XPYOXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEEB5XLYG4ITGYY5N5GBV6XPYOXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEEB5XLYG4ITGYY5N5GBV6XPYOXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works like magic!](https://www.amazon.com/gp/customer-reviews/R2G7U23PTWM6OX/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 11, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've suffered from RLS for years, and the only thing that helped at all was Advil. However, that only helped sometimes, and not completely. I've never tried a homeopathic remedy but figured this sounded pretty good and was worth a try.  
  
Last night, I popped three pills at the first sign of trouble and had the first RLS-free night of sleep in YEARS. I don't yet know how it might do if I'm actually in the middle of an attack when I get to the pills but warding one off sure worked like magic. I hope these pills are available forever!

[[](https://www.amazon.com/gp/profile/amzn1.account.AHS34XOPVTHA7BVZET3PQKXSYXZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHS34XOPVTHA7BVZET3PQKXSYXZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Angela Lecuyer](https://www.amazon.com/gp/profile/amzn1.account.AHS34XOPVTHA7BVZET3PQKXSYXZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works amazingly](https://www.amazon.com/gp/customer-reviews/R1KZQMJO9UVA8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 17, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are a lifesaver, I am so thankful I discovered them. I have medical conditions with my legs and also suffer from RLS and the nighttime is the worst with the leg jerks and constantly having to move them and the pain it was becoming a nightmare. The first night using them I finally had some relief. Three tables under the tongue and they devolve within a few minutes, they don't really have a taste I was afraid they were going to taste nasty but to me there is just a slight slight almost sweet taste but it's so slight it's hardly noticeable. Then about 15min after they have devolved I can start feeling relief in my legs. I highly recommend them especially if you suffer with RLS.

[](javascript:void(0))

14 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIvQ3INHCra4D59iOnvXDcO4VaDwj7s%2BzXfjZmvd0%2FA%2BAAAAAGgtO0oAAAAB&reviewId=R1KZQMJO9UVA8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFNQ5ROA5LOXZIIHLTIUCU3HGARA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFNQ5ROA5LOXZIIHLTIUCU3HGARA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tracy](https://www.amazon.com/gp/profile/amzn1.account.AFNQ5ROA5LOXZIIHLTIUCU3HGARA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Magnificent!](https://www.amazon.com/gp/customer-reviews/R2B1N3CR1C9E40/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 26, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I could not believe how well these work. I no longer wait to take it but rather take at 6 pm with other meds. This works well to stop the RLS from starting to begin with. But it still works if you take it when the RLS starts. You just have to wait a bit for relief. I am now on subscribe and save for this item. Highly recommend!

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJV3rxUX0yIXEXqsQFerGYGacvgIDEWuv4y5nlHK1YiKAAAAAGgtO0oAAAAB&reviewId=R2B1N3CR1C9E40)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF4TH3EYQL5FTC4ZIA5UAT5SMAOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF4TH3EYQL5FTC4ZIA5UAT5SMAOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jodi](https://www.amazon.com/gp/profile/amzn1.account.AF4TH3EYQL5FTC4ZIA5UAT5SMAOA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R2A4JV357X1CZ4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 14, 2024

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Takes more to get the desired effect but will work in a pinch

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDGYfHDSRyO%2FClJSxybMVfEH2i6cJI7t3Gx0UrMs7JtsAAAAAGgtO0oAAAAB&reviewId=R2A4JV357X1CZ4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3DCVLGOMRTZX5RSUQUQYWMGDAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3DCVLGOMRTZX5RSUQUQYWMGDAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CYL](https://www.amazon.com/gp/profile/amzn1.account.AF3DCVLGOMRTZX5RSUQUQYWMGDAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Basically as effective as my prescription for RLS](https://www.amazon.com/gp/customer-reviews/R1KJ7T6FPNBIP7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 22, 2020

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I ran out of my prescription medicine for RLS, and therefore desperate for something until I could refill. I was amazed at the effectiveness, as I was not expecting much (and RLS can be both challenging and very annoying)! This worked the very first night and for several days until I could pick up my prescription. However, I think I could have continued with this very easily. The trick is to definitely take as listed on label and do not skip. (As I took 2-3 pills several times a day and did not wait until my legs started to bother me).  
One side note: I did not realize that this was the "PM" version until I received. However, I took it throughout the day with no issues w/ drowsiness.

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF9bMuuAgMVOTnPpYUQfQz%2BwbqABMlA62IO2%2FRNwy3ckAAAAAGgtO0oAAAAB&reviewId=R1KJ7T6FPNBIP7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF2HQCYMFDFKFXJ7IO37LACSUT5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF2HQCYMFDFKFXJ7IO37LACSUT5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[A. T Mauro](https://www.amazon.com/gp/profile/amzn1.account.AF2HQCYMFDFKFXJ7IO37LACSUT5A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They work fast for me](https://www.amazon.com/gp/customer-reviews/R27PG9BW7C53UC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 9, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

First time trying homeopathic medicine and I'm a bit shocked at the effectiveness of these pills. Very easy to take they dissolve under your tongue within seconds and the taste is very pleasant. I developed RLS over the years and lately it has gotten to point of causing very uncomfortable evenings and on occasion I'm even starting to suffer from RLS in the daytime. Ordered one bottle to see if it was effective and after the first dose and subsequent relief (only took about 10-15 minutes for full effect) I quickly placed an order of 4 bottles to have on hand.

[](javascript:void(0))

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBd7mWIYLu6x%2FEGvFK51uS4QVNs40iHsjs8VDOgKYZrcAAAAAGgtO0oAAAAB&reviewId=R27PG9BW7C53UC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH4DTNANIYCWA5SJN6LNAXOJIP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH4DTNANIYCWA5SJN6LNAXOJIP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Novellen](https://www.amazon.com/gp/profile/amzn1.account.AH4DTNANIYCWA5SJN6LNAXOJIP6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* gets rid of RLS!](https://www.amazon.com/gp/customer-reviews/R39U5SP8UHRFIK/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 24, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These are my go-to fix for those nights when I have uncontrollable restless legs. I'm so glad I discovered them. They have saved me many an otherwise lost night's sleep. I ordered several packages so I don't run out. I don't know why and how they work, but they do, and I'm very grateful. Highly recommended!

7 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH6vYHxE0fUdizEwIjc0GmHxiVmAnW2lNsko5%2BHRUnx2AAAAAGgtO0oAAAAB&reviewId=R39U5SP8UHRFIK)

[[](https://www.amazon.com/gp/profile/amzn1.account.AERGX64547Q6EBDTZUBCVGK6XYDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AERGX64547Q6EBDTZUBCVGK6XYDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Catherine J](https://www.amazon.com/gp/profile/amzn1.account.AERGX64547Q6EBDTZUBCVGK6XYDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works wonders](https://www.amazon.com/gp/customer-reviews/RLQJMPUNSCKYG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 14, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This is a lifesaver for anybody that suffers from RLS. One of the main things I dread the most is having to deal with my restless legs at night. Somehow this helps me out so much. It gives me an amazing amount of relief in a short period of time. It's very easy to use and starts working pretty fast. The only downside for me is the fact that it does taste very sweet, which is not a bad thing, but I feel that this might not be very good for my teeth if I'm taking it before going to bed.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGPdP3w7qpdqQjpQcp0O6Y%2BfDgg91e0VaIqcS4SAXqzGAAAAAGgtO0oAAAAB&reviewId=RLQJMPUNSCKYG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEL2RCGMTNUU3T4453RLM774WTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEL2RCGMTNUU3T4453RLM774WTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AEL2RCGMTNUU3T4453RLM774WTGA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* They work well enough](https://www.amazon.com/gp/customer-reviews/R1ESCH1ERSYLL7/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 23, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These actually really do help me I’d say 75% of the time, and since meds don’t work for ever with RLS, I refuse to even start them.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMYogYfGr0DIPfAfm5SYkG2JPA66vN5a4LVdCEZ9U960AAAAAGgtO0oAAAAB&reviewId=R1ESCH1ERSYLL7)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOKKMRLVTYMG6NGOHYLMLJIN2WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOKKMRLVTYMG6NGOHYLMLJIN2WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Genevieve Wolf](https://www.amazon.com/gp/profile/amzn1.account.AEOKKMRLVTYMG6NGOHYLMLJIN2WA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* They seem to work okay.](https://www.amazon.com/gp/customer-reviews/RPWJWWN3JJMWH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 7, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have had trouble with RLS for 25 years. Have been using these for about three months. So far they seem to be helping. I’m hoping they continue to help. Makes sleeping much more restful.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBNVt7RCTG%2FXpOAYiDhT%2BasjhgoijuGxPKuFLcegq90rAAAAAGgtO0oAAAAB&reviewId=RPWJWWN3JJMWH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFQDTLPMKGFEJXLPBMLMUJXL36QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFQDTLPMKGFEJXLPBMLMUJXL36QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[jkelto126](https://www.amazon.com/gp/profile/amzn1.account.AFQDTLPMKGFEJXLPBMLMUJXL36QA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Won't work for everybody](https://www.amazon.com/gp/customer-reviews/R1A7TOCL3MIA1O/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 27, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried this product because so many of the reviews were positive as helpful for restless legs syndrome (RLS). I tried it many times and though I did feel drowsy, I still had leg spasms. I am now using magnesium glycinate and I have not had RLS since I've been on that. Previously, I took magnesium without glycinate (citrate?) which was partially effective. After much internet research, I determined that I need the glycinate. So, if Hyland's doesn't work for you either, try that!

4 people found this helpful

[[](https://www.amazon.com/gp/profile/amzn1.account.AF3O4UQMLF42Y4NBDBIK2KMZW35Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF3O4UQMLF42Y4NBDBIK2KMZW35Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Eliana M](https://www.amazon.com/gp/profile/amzn1.account.AF3O4UQMLF42Y4NBDBIK2KMZW35Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Finally Relief!](https://www.amazon.com/gp/customer-reviews/RMVFHUKWDJD4X/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 30, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was skeptical when my GF handed me this product, I suffer from RLS, Some nights it gets so bad I literally feel like I want to crawl out of my skin.. These sat on the counter for a couple weeks before I broke down, It was late at night and my GF was sound asleep and I couldn't stop moving my legs I got up frustrated and decided to give it a shot, the taste is kinda dull but man do these work!! Within' 15 mins my legs quit and I was able to fall right to sleep.. TRY THIS PRODUCT!!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEjhgEB050c1i%2BbWn7vkilPKxIqaFLY2diCN2%2FN0BYuBAAAAAGgtO1IAAAAB&reviewId=RMVFHUKWDJD4X)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEMS4M2R6VHODRUDPQ7V45S2KNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEMS4M2R6VHODRUDPQ7V45S2KNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lorna](https://www.amazon.com/gp/profile/amzn1.account.AEMS4M2R6VHODRUDPQ7V45S2KNFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Literally a lifesaver](https://www.amazon.com/gp/customer-reviews/R173YX247RFO3H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 20, 2018

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was on the verge of stabbing myself in the leg with a knife to stop the terrible, never-ending twitching and crawling sensations. I tried every prescription Med the even vaguely suggested they could help with RLS. Nothing worked and my legs were getting WORSE. It took over my life. I get them all day and night. Then I tried these....pure bliss. Slept so well I felt refreshed for the first time in what felt like forever. I can drive now without having to slam my legs into the sides of the door to quiet them. These are a true lifesaver. I’m just praying that they continue to work and the company stays in business for the rest of my life!

213 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMGEBR8xyWx%2BtvfeLCSjGB%2Bj%2BHcmyqG%2FQIh6N4khV7QWAAAAAGgtO1IAAAAB&reviewId=R173YX247RFO3H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFRBL2ZX6MEKIMX54I4O3SMFYPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFRBL2ZX6MEKIMX54I4O3SMFYPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Karen V](https://www.amazon.com/gp/profile/amzn1.account.AFRBL2ZX6MEKIMX54I4O3SMFYPYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works like it says](https://www.amazon.com/gp/customer-reviews/R2P5GF8G1FKD2V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 5, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I used to wake up constantly with RLS. It's was very annoying and cost me hours of sleep. Now I can take  
Hyland's PM before I go to bed and have no problem with restless leg. I recommend taking them before you retire because when I've taken them in the middle of the night, I'm a bit groggy in the morning. Will be buying more for sure.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEITfQ4k8iXMs6KdpMjpx%2BbsFscEwhk3ekhNaLEtQv64AAAAAGgtO1IAAAAB&reviewId=R2P5GF8G1FKD2V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFFGKKH6AEOKLVQITY35CCKJH4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFFGKKH6AEOKLVQITY35CCKJH4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Thomas Moore](https://www.amazon.com/gp/profile/amzn1.account.AFFGKKH6AEOKLVQITY35CCKJH4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A Miracle](https://www.amazon.com/gp/customer-reviews/RKLZ731O3FQ3V/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 23, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS ever since I can remember. My mom used to tell me it was "growing pains" until I stopped growing. THEN I found out what it really was. I've tried everything my doctors could recommend, with sadly disappointing results. Then I found Hylands Restful Legs. I literally will NOT do without this stuff ever again. I keep 4 bottles on hand. Seriously. I don't want anything to disrupt my supply. \  
BUY IT!

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMhtMr1JEHi3Aj8mb8MnuvcsludnlbMcep%2BfH0BoS2ZfAAAAAGgtO1IAAAAB&reviewId=RKLZ731O3FQ3V)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGBZHHLYUS3RJF3TKFC2QMO4WH6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGBZHHLYUS3RJF3TKFC2QMO4WH6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jo](https://www.amazon.com/gp/profile/amzn1.account.AGBZHHLYUS3RJF3TKFC2QMO4WH6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This Actually Works](https://www.amazon.com/gp/customer-reviews/RZE5HBC2NR0VU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 7, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had RLS for many years and has gotten worse with age. I am on medication for this condition, that I take in the evening, but sometimes it doesn't fully take away the symptoms. If I have this problem I put 2 tablets under my tongue an I get relief. I was skeptical at first, but thought I would give it a try. I am so glad I did because it really works.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPX2B%2FrxLGgHbb0JcyMSXlZgyAuKDIzSyBj8PeDn9hbIAAAAAGgtO1IAAAAB&reviewId=RZE5HBC2NR0VU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHX65MS3W2C2FKZ4PGR5E56DYKYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHX65MS3W2C2FKZ4PGR5E56DYKYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHX65MS3W2C2FKZ4PGR5E56DYKYQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Sometimes less is better than more](https://www.amazon.com/gp/customer-reviews/R2BPGP13IGCUM8/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 7, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried these and took two the first night...awful...so, the next night I increased it to three...worse. ok, try four like the instructions say..nope..worse than ever. I threw them in the drawer and said ..no more. Several months went by and I was bothered with RLS during the early evening. I didn't want to go to sleep that early, so I put one under my tongue and will wonders ever cease...it worked. I do wake up in the middle of the night and I take one and it works every time. I don't know why more is worse for me, but hey, whatever works.

9 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA34pJYIJkGVm4i%2B8SlZvU3xjVYZDKmeuZvFZc%2FPjI9%2BAAAAAGgtO1IAAAAB&reviewId=R2BPGP13IGCUM8)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4OMLN3WR6JBFNVYDXDSSTK6UZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4OMLN3WR6JBFNVYDXDSSTK6UZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[booklover](https://www.amazon.com/gp/profile/amzn1.account.AE4OMLN3WR6JBFNVYDXDSSTK6UZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Happily surprised](https://www.amazon.com/gp/customer-reviews/R2WZSBJNDLX79T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 21, 2018

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Have suffered with severe restless leg syndrome since I was a toddler (now in mid 60's). Nothing, but nothing, alleviated the condition which seemed to rule my life daily. When I saw this product, I was "here we go again, another product that promises to help RLS but will be a dud." Wrong. It took a few days for it to build up in my system, yes, but now I need only take two or three pills a day and it will allow me to sit on a plane, watch a movie and get to sleep without the torture that is RLS. I make sure I never travel anywhere without these "miracle" pills. Thank you, thank you, thank you!

26 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJYoPzOL2cBHPaf9JMPOVzA8d6Gr9cWjOWcyb15o%2Bpv5AAAAAGgtO1IAAAAB&reviewId=R2WZSBJNDLX79T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE4UPPRNIMJQL53POGXYAPYSRDIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE4UPPRNIMJQL53POGXYAPYSRDIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Nina Washington](https://www.amazon.com/gp/profile/amzn1.account.AE4UPPRNIMJQL53POGXYAPYSRDIQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helps if taken at the first sign of restless legs.](https://www.amazon.com/gp/customer-reviews/R3OHP745BU09BT/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 10, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restless legs syndrome is a terrible malady to have. There are not many effective treatments available. The prescription meds Mirapex and Requip have horrible side effects. A friend recommended this product and I must say it is better than most other products as long as I take 2-3 under my tongue at the first sign of RLS. I won't be without them.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF%2B1C4%2BBC%2BqRerdos2t7b88KSTNx4Y8dqtTzdwVHRFMMAAAAAGgtO1IAAAAB&reviewId=R3OHP745BU09BT)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFAPRNQYM6U6Q57FK3HYJDBLJBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFAPRNQYM6U6Q57FK3HYJDBLJBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[psbnurse](https://www.amazon.com/gp/profile/amzn1.account.AFAPRNQYM6U6Q57FK3HYJDBLJBLA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* These are a gift from the heavens!](https://www.amazon.com/gp/customer-reviews/R12Z06VIB1L0AC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 16, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So. While in RLS agony, I decided to explore other resources besides Gabapentin and Mirapex.  
Why don't you take your prescriptions when you lie down you might ask?  
Because I cannot binge Netflix after ingesting those meds. I'd be comatose.  
Enter these little gems...  
I used them once I started my Netflix binge. Not a twitch. Not a jerk... absolutely still. I almost cried. Took the medications when time for bed and slept the whole night!  
I'm slowly weaning off Mirapex thanks to this little miracle.  
Thank you!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFv8EJZJcSa6xFRCm%2BNDsYRB7RvKmjbf%2Bq0wMKPk02gnAAAAAGgtO1IAAAAB&reviewId=R12Z06VIB1L0AC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHMA456DPLNI2KRPBWSJBLUCPEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHMA456DPLNI2KRPBWSJBLUCPEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[D. Welch](https://www.amazon.com/gp/profile/amzn1.account.AHMA456DPLNI2KRPBWSJBLUCPEAQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* THIS STUFF IS INCREDIBLE](https://www.amazon.com/gp/customer-reviews/R1HTSX9UP8U8LJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 1, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had a little doubt ordering this with nothin else working for my RLS in the past. But it WORKS!! It dissolves under your tongue with absolutely NO TASTE. I work overnight from home, about halfway through my shift I have issues staying seated so I took these and within 15 mins I wasn't moving my legs around, feeling tingles, having muscle spasms or being uncomfortable. It lasted about 4.5 hours and go me throught the end of my work shift. I RECOMMEND HIGHLY, I WILP BE ORDERING MORE

[[](https://www.amazon.com/gp/profile/amzn1.account.AFBMHDNZMBZ3YMYSDKUTGCREDCTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFBMHDNZMBZ3YMYSDKUTGCREDCTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Heather Ruis](https://www.amazon.com/gp/profile/amzn1.account.AFBMHDNZMBZ3YMYSDKUTGCREDCTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This Stuff Works!](https://www.amazon.com/gp/customer-reviews/R1NV9D16FOV0LC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 3, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had a problem with RLS for years and nothing has helped. This product was suggested to me, so I figured that I would give it a try. I am so grateful that I bought this, because whenever my legs start jumping, I dissolve 3 of these under my tongue and am feeling better within 20 minutes.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hAPOcYW76%2BrOBSHE9IGw8tP7B81Nz1AqS7dYv2C%2F8TeEAAAAAGgtO10AAAAB&reviewId=R1NV9D16FOV0LC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJJX64TNCF5ECK2DBVGE5NZFD3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJJX64TNCF5ECK2DBVGE5NZFD3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Mantonette7](https://www.amazon.com/gp/profile/amzn1.account.AEJJX64TNCF5ECK2DBVGE5NZFD3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* finally some night time relief](https://www.amazon.com/gp/customer-reviews/R268EL8RN93TFL/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 24, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

this product is worth every penny spent. I was suffering with rls at night it was to the point I would have to get up to do exercises to get some type of relief. but since starting these tablets I place 1under my tongue, taste slightly sweet and it dissolves no water needed. my sleep has greatly improved and I wake up refreshed.

[](javascript:void(0))

4 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL6ZPBhHqlDikd4q%2B%2FVAtfcnyqf%2BX3D%2FTmiFG%2Fn6OzuSAAAAAGgtO10AAAAB&reviewId=R268EL8RN93TFL)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGJTLWZ3OI4PLIDUTZDHKX653SDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGJTLWZ3OI4PLIDUTZDHKX653SDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Emily Mitchell](https://www.amazon.com/gp/profile/amzn1.account.AGJTLWZ3OI4PLIDUTZDHKX653SDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well](https://www.amazon.com/gp/customer-reviews/RT60V8INRMUP1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 15, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was genuinely surprised at how well these work! You just stick a few under your tongue and wait for them to kick in, and once they do, they really help with your RLS. If you’ve got RLS and are looking to try something, these are worth a shot.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hOVlwqG0X1uNaVqth0mEsAVCEDMINh2iqiotHZifr%2FRQAAAAAGgtO10AAAAB&reviewId=RT60V8INRMUP1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGQUST4QSCUORIRFEGO6SU4HBOVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGQUST4QSCUORIRFEGO6SU4HBOVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[PattyE](https://www.amazon.com/gp/profile/amzn1.account.AGQUST4QSCUORIRFEGO6SU4HBOVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Everyone is different - this may work for you. It did not work for me.](https://www.amazon.com/gp/customer-reviews/R16570JZ5F4NCB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 17, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had high hopes this would help with my RLS which is BRUTAL. Was on requip (AKA Ropirinrole) for years. Horrible medication. Run from it! Augmentation means you're facing a lifetime of it or suffering MONTHS of withdrawal to get off of it. Lucky for me, Covid (very mild) broke me of it for reasons I don't know. However my RLS has been HORRIBLE. This did not work for me. Know what does? Dill pickle juice. NO KIDDING. I also added magnesium supplements and seem to be on the mend, thankfully.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFoF1ROi7jT8f8jEFi6YfidKtCkOCpvT8OMN6FsAC%2FdhAAAAAGgtO10AAAAB&reviewId=R16570JZ5F4NCB)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFAEDOJEDHWIJSPFO6UDNL5ILIEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFAEDOJEDHWIJSPFO6UDNL5ILIEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[KirkTX](https://www.amazon.com/gp/profile/amzn1.account.AFAEDOJEDHWIJSPFO6UDNL5ILIEQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did not help](https://www.amazon.com/gp/customer-reviews/R1KNYA4XEYKMR1/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 25, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've had RLS my whole life. I've tried magnesium supplements and CBD to no avail. This Hyland's product was no different. I tried it two nights before going to bed, taking 3 pills under my tongue. Also tried it once in the morning. I didn't notice any improvement. The pills do dissolve rapidly under the tongue and there is no taste. So, I gave it two stars for being easy to take.  
  
The only thing I've found that provides relief for RLS symptoms is coffee and sex.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hEu0eUSdPMklTJCkar%2BLHOFZSWFEkApL0aKiTSkQmWP1AAAAAGgtO10AAAAB&reviewId=R1KNYA4XEYKMR1)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGSWOZ3BKIP2VIM2SVV5UVKZBKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGSWOZ3BKIP2VIM2SVV5UVKZBKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[WyoTransfer](https://www.amazon.com/gp/profile/amzn1.account.AGSWOZ3BKIP2VIM2SVV5UVKZBKWA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* 100% works](https://www.amazon.com/gp/customer-reviews/R12RUXUZJR7OJG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 4, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have a real problem with RLS and I had been doing all the natural remedies to help but nothing was working. I found these and now I won’t use anything else. Works fast and lets me get some much needed rest. Plus the taste isn’t awful.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHei5sLF4fRzYUNp4%2FFMKcvEPU%2FIBAOyNWHSHJWjkPEjAAAAAGgtO10AAAAB&reviewId=R12RUXUZJR7OJG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE6UFOEMAXQRVMP3TT3DMZCAIVZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE6UFOEMAXQRVMP3TT3DMZCAIVZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Rachel B](https://www.amazon.com/gp/profile/amzn1.account.AE6UFOEMAXQRVMP3TT3DMZCAIVZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Really works](https://www.amazon.com/gp/customer-reviews/RTXXVKKRH39D2/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 16, 2017

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff works for my RLS. I developed it during pregnancy and my doctor ok'd it for use during pregnancy. It went away after I had him but came back with baby #2 & this time never went away. I use it nightly and it's the only way I can sleep. I sometimes need it during the day if I have to sit for long periods of time. It works quickly to relieve the crazy weird feelings of RLS. I use the leg cramp tabs with these when I have pain and not just the restless tingly crawly sensations and together they make all my leg problems go away. I am so happy I found these and that they are homeopathic.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBTDPW4qXPeSDdnMLcml2SyUSTyKb0hEOoLz3z5PNATkAAAAAGgtO10AAAAB&reviewId=RTXXVKKRH39D2)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFWWPQOQYI5PYCW6LIG44R6M7R2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFWWPQOQYI5PYCW6LIG44R6M7R2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jessie](https://www.amazon.com/gp/profile/amzn1.account.AFWWPQOQYI5PYCW6LIG44R6M7R2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* It does something...](https://www.amazon.com/gp/customer-reviews/R39CBDRC9GJEPD/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 14, 2019

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It DOES help. I have RLS so bad that I even get it in my arms and hips, so I didn't expect this to be a cure. But other reviews made me hopeful. If you have RLS as badly as I do, don't expect it to take it all away. But it takes the edge off and helps you sleep. For me, I know it's not a placebo affect because I have little to no faith in most homeopathic medicine.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hA30nQ%2BsY8yoVu8t0XOglj%2F8LLyqXwtLbKvkd2HKPZzoAAAAAGgtO10AAAAB&reviewId=R39CBDRC9GJEPD)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHRSLIZ5USEJAJ3OYGO2WHFGZB6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHRSLIZ5USEJAJ3OYGO2WHFGZB6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S. Liles](https://www.amazon.com/gp/profile/amzn1.account.AHRSLIZ5USEJAJ3OYGO2WHFGZB6A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* FINALLY, RELIEF](https://www.amazon.com/gp/customer-reviews/R1XRIX5ASEWDWY/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 14, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Y'all. I've been suffering from RLS for at least 20 years. Aside from allowing my legs to violently jerk around, I've never really been able to find relief. Cue these babies. I don't think I've ever written a review on Amazon, but PEOPLE HAVE TO KNOW. These seriously work for me. Now I have somewhere to turn to when the dreaded tingle starts. I recommended them to my mom who also suffers from RLS. If you have RLS, try it. For real.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hLivNGTC2PMpmNEc%2Bh%2B7NtOGEYdolxLu79tb%2BjIbK9fFAAAAAGgtO10AAAAB&reviewId=R1XRIX5ASEWDWY)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEV6DG5VBXLU2XEMJEH7XJMHH6RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEV6DG5VBXLU2XEMJEH7XJMHH6RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[William F.](https://www.amazon.com/gp/profile/amzn1.account.AEV6DG5VBXLU2XEMJEH7XJMHH6RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* Didn't help me much.](https://www.amazon.com/gp/customer-reviews/RD0C94DCEJOQ5/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 8, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I been trying these at the urging of a friend to try for my severe RLS however they have had little effect on me.. Been taking 3 each night upon bedtime but so far they haven't really helped... I think they help some, for a very little bit.. It did not get rid of my RLS, but lessened some symptoms a little bit, making me id say 20% less tormented by this disease for a hour tops maybe.. I hope I cam find complete non drug relief one day.

[[](https://www.amazon.com/gp/profile/amzn1.account.AEVRZEHEZ2NAKPAUVKZDMGYXEQBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEVRZEHEZ2NAKPAUVKZDMGYXEQBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ROSE](https://www.amazon.com/gp/profile/amzn1.account.AEVRZEHEZ2NAKPAUVKZDMGYXEQBA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing!](https://www.amazon.com/gp/customer-reviews/R2YHX2IXZ7F09X/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 27, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been blown away at the effectiveness of these tablets! They work! I have terrible RLS and I only need to take these and the legs relax again.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG1T6VBF6OlaP8Km1o3rViD7TniDeOgHgY2dVyeN6XizAAAAAGgtO2UAAAAB&reviewId=R2YHX2IXZ7F09X)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHAVVKO5UCZEZ3KORTFQSARVTAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHAVVKO5UCZEZ3KORTFQSARVTAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Denise Isbell](https://www.amazon.com/gp/profile/amzn1.account.AHAVVKO5UCZEZ3KORTFQSARVTAMQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Helps RLS](https://www.amazon.com/gp/customer-reviews/R3ARVHP8QTRUGN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on December 6, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

It helps with my RLS. Unfortunately, I still don’t sleep well. Thankful it helps my RLS.

6 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDfDM5nlywSREoIDrvbYA1XGifunGMLXFefSZQ5CStv0AAAAAGgtO2UAAAAB&reviewId=R3ARVHP8QTRUGN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF7NK7MK6D36AONPB2HA2KUNOWRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF7NK7MK6D36AONPB2HA2KUNOWRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MA](https://www.amazon.com/gp/profile/amzn1.account.AF7NK7MK6D36AONPB2HA2KUNOWRA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Works well for me](https://www.amazon.com/gp/customer-reviews/R2O2BJIP3MYRL6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 8, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I found this works really well. I’ve had RLS for 50+ years and have tried many things including Requip which didn’t work. It’s cheap enough to give a try. I use Magnilife relaxing leg cream PM. Great combo.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNOWKoCiilFxtGFDNWqGx4uR9tYQ%2BLY2hdSco0AZifOyAAAAAGgtO2UAAAAB&reviewId=R2O2BJIP3MYRL6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHZNBOFVTXMJQRHWJTBTKZR4TJHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHZNBOFVTXMJQRHWJTBTKZR4TJHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AHZNBOFVTXMJQRHWJTBTKZR4TJHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Relieves symptoms of restless leg](https://www.amazon.com/gp/customer-reviews/R1DI7JAON21FBU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on December 11, 2018

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I had to laugh when I read the review about the box stating it doesn’t treat Restless leg. Of course it doesn’t treat the underlying cause, but it does ease the symptoms. That would be like asking your nighttime cold medicine to cure your cold. My Rls is due to extremely low iron levels. Hyland’s is not going to give me more iron. It does, however, ease my symptoms so I can sleep. I also loved your teething tablets for my kids. I love the quality of your products.

89 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hPZYNg37z0E6J22pRguzQgkeNmruPVWI38ZsPZFjv%2FGMAAAAAGgtO2UAAAAB&reviewId=R1DI7JAON21FBU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHEF7FRXYIVYAT5UREFGOTF2LSHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHEF7FRXYIVYAT5UREFGOTF2LSHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Yasi Nik](https://www.amazon.com/gp/profile/amzn1.account.AHEF7FRXYIVYAT5UREFGOTF2LSHA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Worked on my RLS](https://www.amazon.com/gp/customer-reviews/R17NNQ1VC6EM2T/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 24, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have restless leg syndrome, and the doctor gave me a pill with a buncha side effects. They were so bad i had to stop taking the meds.  
I bought this item and it's working like a miracle!! I get NO side effects from it and it works like a charm!! Honestly didn't expect it to be this good.  
Flavor is a bit "chalky" but it let's me sleep so who cares lol

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF4yINMidLFncf%2Ff8ah3NCiTaruTeDHRtL8zg9ThUds9AAAAAGgtO2UAAAAB&reviewId=R17NNQ1VC6EM2T)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGVINJSLWOYD6PFFUXYRZ5FQBMLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGVINJSLWOYD6PFFUXYRZ5FQBMLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Amazon Customer](https://www.amazon.com/gp/profile/amzn1.account.AGVINJSLWOYD6PFFUXYRZ5FQBMLQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It works!](https://www.amazon.com/gp/customer-reviews/RWANL66MF5UBQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 10, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Restful legs is great. Seriously. It works. I don’t get RLS every night but when I do, it’s so annoying. Restful legs PM takes it away and works quickly too. Not to mention it helps me go to sleep without any grogginess. I don’t leave amazing reviews ever either but I had to share my experience to help others. I hope it works for you as well as it does for me!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIpETOMYFxxj%2BU%2Fo%2BgWGMHOUDihYMRz8%2Fr4w9abdZ6meAAAAAGgtO2UAAAAB&reviewId=RWANL66MF5UBQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEWWVJRZDDSMYDC33JWIKNACQZXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEWWVJRZDDSMYDC33JWIKNACQZXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[PL](https://www.amazon.com/gp/profile/amzn1.account.AEWWVJRZDDSMYDC33JWIKNACQZXA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good solution for in-flight RLS](https://www.amazon.com/gp/customer-reviews/R2K6RFBLPRK2BN/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 19, 2015

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Works well. I am not sure if it is sophistry or not but it worked when I started feeling the restlessness in my legs. I took 3 pills and within a few minutes the sensation subsided. I'll be trying this again. I get restless legs when I stay up too late or when I work out late. There is no guaranteed symptom and it can happen randomly. Not having caffeinated drinks in the evening will help too. By the way, homeopathy will not work well on you if you are drinking too much coffee. Don't eat or drink caffeine around the time you are planning to take the medicine.  
  
Overall, a handy bottle to keep in your backpack especially when you are on long haul flights and restless legs can be very bothersome.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hO865q5P2WRXGYsAZFIW6BPtB%2F9YKdj5j%2FquokB%2BkPAnAAAAAGgtO2UAAAAB&reviewId=R2K6RFBLPRK2BN)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGCODFCHVSFOTXNKGDDPJITLVB4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGCODFCHVSFOTXNKGDDPJITLVB4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Julie A. Keddie](https://www.amazon.com/gp/profile/amzn1.account.AGCODFCHVSFOTXNKGDDPJITLVB4A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Greatly reduced RLS symptoms for partner](https://www.amazon.com/gp/customer-reviews/R2TSJYW54S9CQH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 1, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Bought this for my partner with RLS. He finds they help at night with calming symptoms so he can sleep.  
  
Note if you’ve not used these before, a serving is NOT one tablet, so you’ll go through these faster than you may anticipate if using them to treat chronic symptoms.  
  
Like many other treatments and solutions, not any one RLS item cures symptoms or 100% works for everyone. Best of Luck!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHC3WYseJmBghMfZVTZrofUrVJfRfTPE0LaHSP%2BxP4mcAAAAAGgtO2UAAAAB&reviewId=R2TSJYW54S9CQH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFZ3HO7FTTKPVZLBLRZP2NBA3OFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFZ3HO7FTTKPVZLBLRZP2NBA3OFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Gregory C Gilleland](https://www.amazon.com/gp/profile/amzn1.account.AFZ3HO7FTTKPVZLBLRZP2NBA3OFQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* RLS](https://www.amazon.com/gp/customer-reviews/R14U34SINPSRTZ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 24, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have very bad RLS and this is one of the best natural products for RLS , this works so well . I’m so glad I found something natural that actually works.

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMWYhs2aWYes6KOt5wEhckH%2Fki3C7MCJpqmV%2F%2BPNV1deAAAAAGgtO2UAAAAB&reviewId=R14U34SINPSRTZ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGNGEWQGJMW62YPBHSJBZHTZZ4MA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGNGEWQGJMW62YPBHSJBZHTZZ4MA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Scarecrow-actual](https://www.amazon.com/gp/profile/amzn1.account.AGNGEWQGJMW62YPBHSJBZHTZZ4MA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Amazing results. It really works.](https://www.amazon.com/gp/customer-reviews/R6R21SHYI1YTW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 5, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have been suffering from RLS (Restless Leg Syndrom) since I required lots of metal to rebuild my ankle in 2007. I bought this product on a bad night a few days ago and I am astounded as to its ability to quiet my leg in 4-6 minutes after dissolving 2 tabs under my tongue.  
Do yourself a favor and at least try them. I've only have to take 1 dose when the RLS kicks in around 5-6 pm and I am free from the pain and jumpyness of RLS.

[[](https://www.amazon.com/gp/profile/amzn1.account.AHUXLGNM33V2ECNN2ZMPTECLYPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHUXLGNM33V2ECNN2ZMPTECLYPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Lovelearn](https://www.amazon.com/gp/profile/amzn1.account.AHUXLGNM33V2ECNN2ZMPTECLYPTQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* misleading: agitated legs are not restless legs.](https://www.amazon.com/gp/customer-reviews/R38FKMTOU2373R/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 5, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The list is restful legs so I interpreted as helping with my restless legs. And because there is no cure still for RLS yet, I am open to try. However, this is for agitated legs and it does not treat RLS. It is in the fine print which I missed.  
Does not work on RLS and amazon doe snot allow return on this item. So be careful before you purchase. It did not work for me. but I saw reviews saying it worked for their conditions.

5 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hGCD6LkxMd%2Bl%2FvwPIark10KjIoJI0nr7949rKmXvaYmcAAAAAGgtO24AAAAB&reviewId=R38FKMTOU2373R)

[[](https://www.amazon.com/gp/profile/amzn1.account.AHJLDFUATNFSTRHY2KUQY7T2ZIZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AHJLDFUATNFSTRHY2KUQY7T2ZIZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Oopsie Doodles](https://www.amazon.com/gp/profile/amzn1.account.AHJLDFUATNFSTRHY2KUQY7T2ZIZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Can’t live without these miracle workers](https://www.amazon.com/gp/customer-reviews/R189XE2D79QLXS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 3, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’m generally very skeptical of homeopathic remedies but these work! I’ve now ordered them three times over the last several months and won’t be without them. They always resolve my RLS within minutes. Game changer!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCplAjgYSdOxYpaueox3ja4w8%2BbjeCutzhnrlonuR%2F5YAAAAAGgtO24AAAAB&reviewId=R189XE2D79QLXS)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEOM7DQHU4EZB2RYZKFJACXGSNVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEOM7DQHU4EZB2RYZKFJACXGSNVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[ANGEL](https://www.amazon.com/gp/profile/amzn1.account.AEOM7DQHU4EZB2RYZKFJACXGSNVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*3.0 out of 5 stars* HAVE TO USE ELEVEN AT A TIME & THEY WEAR OFF QUICKLY](https://www.amazon.com/gp/customer-reviews/R2NEKJS7JKNGS6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 4, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have pretty severe RLS (restless legs syndrome) so I'm on a prescription medication for that but because the medicine takes so long to work I take these tablets while I wait for the med. to kick in and also for when the Rx medicine wears off. These help some but I have to take so many, sometimes I use an entire bottle in one night. So, it gets expensive! The taste is alright and they dissolve pretty fast. I wish these were stronger though and lasted much longer!!!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDNuJig5BdthK8BwkM3pZ%2FAIECtMFtmqh7%2BakDB3CON8AAAAAGgtO24AAAAB&reviewId=R2NEKJS7JKNGS6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEXVCCGKLMLDBQR5DCKDSP6MF4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEXVCCGKLMLDBQR5DCKDSP6MF4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Me as not me](https://www.amazon.com/gp/profile/amzn1.account.AEXVCCGKLMLDBQR5DCKDSP6MF4RQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*4.0 out of 5 stars* Seems to help, doesn't hurt](https://www.amazon.com/gp/customer-reviews/R1CK1C6ZS3QO61/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on December 2, 2014

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

In general I have had good results with this product, but varied. Sometimes it alleviates an RLS attack completely and sometimes it just diminishes its severity. I think one thing is for sure though, this product doesn't hurt (perhaps there is a placebo effect going on here as well, but who cares if it helps). Typically, and as to be expected, I think I get better results if I use this product before the onset of RLS symptoms (when i am ready to go to bed) as opposed to using it after a I get a bout of RLS.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJ%2B%2BYSNujnGCIyCVrPF2MOsKUEVbiS10joovFJjm7aXpAAAAAGgtO24AAAAB&reviewId=R1CK1C6ZS3QO61)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEY4EUR4W366V2ZVXSC5NRGYBJ3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEY4EUR4W366V2ZVXSC5NRGYBJ3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CB](https://www.amazon.com/gp/profile/amzn1.account.AEY4EUR4W366V2ZVXSC5NRGYBJ3A/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This works for me!](https://www.amazon.com/gp/customer-reviews/RWX30SRONMTC6/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 23, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I tried so many things and this is the only thing that helps me sleep! My RLS stops and I can sleep good! I take the non PM one when I have it throughout the day… but mostly get it at night. So glad this product is available!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMSJRmXcYhe5lriR3JeR%2Br0Z1JW3Emh7vQ805iCZqgYnAAAAAGgtO24AAAAB&reviewId=RWX30SRONMTC6)

[[](https://www.amazon.com/gp/profile/amzn1.account.AED3BXZYF53TG3UAKGNZRNVLMFJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AED3BXZYF53TG3UAKGNZRNVLMFJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[S. Nab](https://www.amazon.com/gp/profile/amzn1.account.AED3BXZYF53TG3UAKGNZRNVLMFJQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* These really work!](https://www.amazon.com/gp/customer-reviews/R3C03Y70ZK3MOA/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 15, 2019

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have had rls for several years but was always told it was muscle spasms. Saw 2 different neurologists and even they didn't diagnose me. It wasn't until I saw a different Dr. that finally I had the answer. Mine is mostly induced by medications I take for depression and sleep. Thanks to these tablets I haven't had any symptoms. If I get up in the middle of the night for the bathroom etc. I usually have to take 3 more and then I can go back to bed! Great product!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMRSGu8WnXhOj4ghjat4%2BnV1hWtRaNw6Q3j4a6zeztSTAAAAAGgtO24AAAAB&reviewId=R3C03Y70ZK3MOA)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2W3RWKE2IAIITS7Q5UFPTFSXUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2W3RWKE2IAIITS7Q5UFPTFSXUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Tracy K](https://www.amazon.com/gp/profile/amzn1.account.AE2W3RWKE2IAIITS7Q5UFPTFSXUQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Love these](https://www.amazon.com/gp/customer-reviews/R1FYIZI38QOQHO/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 14, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Having RLS is terrible and I don’t know if it’s mental or not when I use this product but when my legs won’t stop twitching I take three of these little tables and it stops. Either way it’s awesome. It’s a cheap and safe way to get some sleep instead of having to walk around for it to stop.  
Good luck.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hCDQlyGIq2COW4XLBQ3z2Ll0qWKjpCvrFj%2B7ubzBGK%2FfAAAAAGgtO24AAAAB&reviewId=R1FYIZI38QOQHO)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEEKT5KWSLOWWRHHWDGQQJNE5UEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEEKT5KWSLOWWRHHWDGQQJNE5UEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[CorPR2020](https://www.amazon.com/gp/profile/amzn1.account.AEEKT5KWSLOWWRHHWDGQQJNE5UEA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Lo mejor que he tratado](https://www.amazon.com/gp/customer-reviews/RG9EZR1XKOYPI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on November 8, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Por años he sufrido de RLS o Syndrome de piernas inquietas. Traté medicamentos recetados, me causaban náuseas muy fuertes, era HORRIBLE. Con este medicamento por fin siento alivio, no es al 100% pero es lo mejor que conozco. Usualmente entre media hora a una hora antes de dormir

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKSlB7lPRB%2FlRn1dTKA%2Fhr9sLXYc%2BS32RQ3VNZDUhU40AAAAAGgtO24AAAAB&reviewId=RG9EZR1XKOYPI)

[Translate review to English](https://www.amazon.com/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_paging_btm_next_8?ie=UTF8&reviewerType=all_reviews&pageNumber=8&filterByKeyword=rls#customerReviews)

[[](https://www.amazon.com/gp/profile/amzn1.account.AE2GI5ZQDOYDBLPC2A5LUPSUJF2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AE2GI5ZQDOYDBLPC2A5LUPSUJF2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Melanie G.](https://www.amazon.com/gp/profile/amzn1.account.AE2GI5ZQDOYDBLPC2A5LUPSUJF2Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Good nights sleep!!](https://www.amazon.com/gp/customer-reviews/R3HHI0LNJCDT4/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 3, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff is AMAZING!!!!! It is the best. I use it every night and within minutes of disolveing two under my tongue I have no RLS....NONE!

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hFovTmDTe0IA5ERANl%2FYP6uhh0VUCTeyuizIOJIaoXI0AAAAAGgtO24AAAAB&reviewId=R3HHI0LNJCDT4)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFEAZ3W253EPEBHOUN62AHNNLMQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFEAZ3W253EPEBHOUN62AHNNLMQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[htbud11](https://www.amazon.com/gp/profile/amzn1.account.AFEAZ3W253EPEBHOUN62AHNNLMQQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It worked for me, FAST!](https://www.amazon.com/gp/customer-reviews/R22TWL5IM4MSQS/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 28, 2020

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I never do reviews because I am never blown away by anything... Until now. WOW! It works. Fast. I am on a daily pill for restless legs, ropinarol, and last night even with my meds I got the worst case of RL I have ever had. I put one tablet under my tongue, and after about 30 seconds, gone. Didn't come back. I figured start with the lowest dosage and

[[](https://www.amazon.com/gp/profile/amzn1.account.AER5UBKFV7NISGYIIEPFNZMRLRBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AER5UBKFV7NISGYIIEPFNZMRLRBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[MystericalPrime](https://www.amazon.com/gp/profile/amzn1.account.AER5UBKFV7NISGYIIEPFNZMRLRBQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Honestly improved my quality of life](https://www.amazon.com/gp/customer-reviews/R32YKWUPBBI6TG/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 14, 2016

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This stuff continues to amaze me. I have been struggling with RLS for years. The doctor kept increasing my dose of Requip, but it turns out there is a significant and proportional rebound effect associated with that. I discovered that on my own when I ran out of Requip and had to "make do" with Restful Legs for 12 days while waiting for my rx to come in. Now I use just a tiny bit of Requip at night because it helps me sleep better, but the Restful Legs for symptoms at any other time because there is no rebound effect and it doesn't make me sleepy. My symptoms are much less severe and less frequent than before.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hL97Aap0tBJRybxde2fSnyEoX148C48OkeiWG5EVxLPLAAAAAGgtO34AAAAB&reviewId=R32YKWUPBBI6TG)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEHNIHDXANXCXR6Y4P2C574GX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEHNIHDXANXCXR6Y4P2C574GX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[nlindsey](https://www.amazon.com/gp/profile/amzn1.account.AEHNIHDXANXCXR6Y4P2C574GX7JA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Might as well have been nothing](https://www.amazon.com/gp/customer-reviews/R13FJH3IEAV41I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 27, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

These pills did absolutely nothing for my husband's RLS. They may as well have just been sugar pills.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBAPzSYYCHbpcehchydQXa%2BA01tg0cU3PevlK7OJsnn6AAAAAGgtO34AAAAB&reviewId=R13FJH3IEAV41I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEBSK7PNZAHKINDKZLJCWGNW3YCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEBSK7PNZAHKINDKZLJCWGNW3YCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Deb](https://www.amazon.com/gp/profile/amzn1.account.AEBSK7PNZAHKINDKZLJCWGNW3YCA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* This Works for Restless Legs](https://www.amazon.com/gp/customer-reviews/R197GPCDNTLC8W/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on May 3, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I was looking for a natural remedy of my Restless Legs. This works though I don't know how.. Less than an hour after putting 3 tabs under my tongue and I could feel that awful RL feeling dissapate. I've used this for 4 days straight and it's just as strong the 1st day as the 4th. Highly recommend.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKOl6GIjQiOfenNyyp7RVBKRoVQfDmJK7%2FnxxI3MTm3PAAAAAGgtO34AAAAB&reviewId=R197GPCDNTLC8W)

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[Jc](https://www.amazon.com/gp/profile/amzn1.account.AGAPMN5FXIB4SG7FIVDY5KJYSV6Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* They seem to work](https://www.amazon.com/gp/customer-reviews/R19HT6JD97A2I9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 12, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Been taking these for a few weeks and have to say they work. I have some pretty intense rls and have not had an issue since taking these about an jour before going to bed

3 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hMtH19dcouk6RPFu21zl3dfg3Ae2iNsZ5nIELK3%2By1ZhAAAAAGgtO34AAAAB&reviewId=R19HT6JD97A2I9)

[[](https://www.amazon.com/gp/profile/amzn1.account.AG5BKE2WUAS3BYUH2NTVCY2XYC3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG5BKE2WUAS3BYUH2NTVCY2XYC3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[X8842](https://www.amazon.com/gp/profile/amzn1.account.AG5BKE2WUAS3BYUH2NTVCY2XYC3Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Didn't work for me, however...](https://www.amazon.com/gp/customer-reviews/RODLJUWF99Z75/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 20, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This didn't work for me, however, many of my friends who suffer from restless leg syndrome said that this worked for them. Try it for yourself. I guess my RLS is too severe

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hBR6WA4wbWjNeknjhP3wz9WW4gCK63w5fwEeU%2BeT4bU%2BAAAAAGgtO34AAAAB&reviewId=RODLJUWF99Z75)

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[ck](https://www.amazon.com/gp/profile/amzn1.account.AE56VO4PDCY56ACESWEZOXCXCLDA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Great for restless legs](https://www.amazon.com/gp/customer-reviews/R1M6MLEAXQ5Y5E/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 9, 2022

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve been using this for years and take along with rls medication when my legs get really bad. It’s helped me tremendously before I got my rls medication. I highly recommend to anyone that has rls.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKuRMDgzPd877XKXTGTLJSBM%2B52OcSgirXN4InjwHQdYAAAAAGgtO34AAAAB&reviewId=R1M6MLEAXQ5Y5E)

[[](https://www.amazon.com/gp/profile/amzn1.account.AESGDF5HSFOP3G5FZ2GPGXKSQGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AESGDF5HSFOP3G5FZ2GPGXKSQGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Timothy Hinds](https://www.amazon.com/gp/profile/amzn1.account.AESGDF5HSFOP3G5FZ2GPGXKSQGZQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Not effective](https://www.amazon.com/gp/customer-reviews/R2PCL52KJQFD0I/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on April 8, 2025

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Not any effect to relieve RLS.

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hG2Eq%2BRAiNc0lYF%2F9IXzdaGRv2Qg%2B7cnyoE1WxPK5gudAAAAAGgtO34AAAAB&reviewId=R2PCL52KJQFD0I)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEJDHYMXNYM3TJPFB2KPYZ3AWBTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEJDHYMXNYM3TJPFB2KPYZ3AWBTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Barbara Miller](https://www.amazon.com/gp/profile/amzn1.account.AEJDHYMXNYM3TJPFB2KPYZ3AWBTA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* It Works!](https://www.amazon.com/gp/customer-reviews/R360S1GMQ2DTAH/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 27, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

This product was recommended by a friend after I complained about my RLS keeping me awake at night. I was skeptical, and thus was amazed at how well it works! I am delighted to have found this stuff!

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hDiOttJ4hmC47IzqqNeCxoFgdEnPOdfIeFaPpteaBVNJAAAAAGgtO34AAAAB&reviewId=R360S1GMQ2DTAH)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEUIZCXVFN3OUZKMJ4MP2IBSN6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEUIZCXVFN3OUZKMJ4MP2IBSN6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Holly Blacker](https://www.amazon.com/gp/profile/amzn1.account.AEUIZCXVFN3OUZKMJ4MP2IBSN6UQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I sleep again!](https://www.amazon.com/gp/customer-reviews/R1N6F2GQZRNTRU/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 14, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I've been having an absolutely horrible time with my RLS for the last several weeks before getting this. Took 3 the 1st night and finally sat and laid in bed irritation free. I only have to take it every couple of days or so....I will never go without this again

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hF9SKCi1Yqk3ayazYea5qdJb88hm%2FxCJLLjzsERAXx0XAAAAAGgtO34AAAAB&reviewId=R1N6F2GQZRNTRU)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFM6S2QCKYFIIBDQZZMIAL2XYCNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFM6S2QCKYFIIBDQZZMIAL2XYCNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ronald Lewis](https://www.amazon.com/gp/profile/amzn1.account.AFM6S2QCKYFIIBDQZZMIAL2XYCNQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*1.0 out of 5 stars* Ineffective](https://www.amazon.com/gp/customer-reviews/R2TVTTUBDFSVXB/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 29, 2025

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Totally ineffective for RLS

[[](https://www.amazon.com/gp/profile/amzn1.account.AG2HI5Z7623OHI52DSRC6DZRXZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AG2HI5Z7623OHI52DSRC6DZRXZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Ellis](https://www.amazon.com/gp/profile/amzn1.account.AG2HI5Z7623OHI52DSRC6DZRXZQA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I swear by these! I have RLS!](https://www.amazon.com/gp/customer-reviews/R1LR3ISJCFO8FC/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on January 10, 2021

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have RLS and I absolutely love this it helps control the jolts and helps me sleep. Only issue is when it's extremely severe it doesn't work as well but does ease and helps me sleep. All in all I'm happy and will keep buying it. As for taste it's just a chalky paste when it devolves under your tongue but nothing horrible not much taste.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hKvAX%2Flt9Soc1P%2BK5GQpFZbdyr6lLFM0rKbM8Vij%2FlmeAAAAAGgtO4YAAAAB&reviewId=R1LR3ISJCFO8FC)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGX2EYH36YYROFF6RS4XXHAR5VUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGX2EYH36YYROFF6RS4XXHAR5VUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Josh](https://www.amazon.com/gp/profile/amzn1.account.AGX2EYH36YYROFF6RS4XXHAR5VUA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* I don't know why or how it works but it's been working for me.](https://www.amazon.com/gp/customer-reviews/RPW7ETQN9HOY3/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on October 11, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Developed RLS heavily after quitting Paxil (which I pray is a symptom that goes away) but these have been great so far. I just hope I don't need them over a long period.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hM53M0yllh0tw0khQgiIWLatmuMsUYddmub1WgrMGddhAAAAAGgtO4YAAAAB&reviewId=RPW7ETQN9HOY3)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFVZMSSHVRWXBCV2VH76SIJFVVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFVZMSSHVRWXBCV2VH76SIJFVVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Fin Amour](https://www.amazon.com/gp/profile/amzn1.account.AFVZMSSHVRWXBCV2VH76SIJFVVZA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Where have these been all my life?](https://www.amazon.com/gp/customer-reviews/R170S0LJV9T3ZM/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on March 16, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

They're magic. I've had RLS for most of my life and it's incredible that something so small and simple helps so much.

2 people found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHH6GiYWh5NuNOOlOhbFDNBUx5Rpj2iaF14bOVYNGQisAAAAAGgtO4YAAAAB&reviewId=R170S0LJV9T3ZM)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEAEJ7AJMDWFFSITJ3ZWATNCOMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEAEJ7AJMDWFFSITJ3ZWATNCOMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[shannon b williamson](https://www.amazon.com/gp/profile/amzn1.account.AEAEJ7AJMDWFFSITJ3ZWATNCOMAA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Works well](https://www.amazon.com/gp/customer-reviews/R14C0I8YQF0XUI/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on August 29, 2022

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I used to stay up for hours or I would fall asleep and keep getting woken up by my legs needing to move, but I take these and in about 10-20 minutes I'm asleep and I stay asleep. I highly recommend these to anyone with rls

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hHX2jOce%2FEShCLiiv0c8HHMFJ%2Bv2NX%2BijUB0GJoI2b%2F5AAAAAGgtO4YAAAAB&reviewId=R14C0I8YQF0XUI)

[[](https://www.amazon.com/gp/profile/amzn1.account.AH5KQ7QMUKOUCPGTQ7GLDSMJCZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AH5KQ7QMUKOUCPGTQ7GLDSMJCZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Brennan](https://www.amazon.com/gp/profile/amzn1.account.AH5KQ7QMUKOUCPGTQ7GLDSMJCZKA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* A must have](https://www.amazon.com/gp/customer-reviews/R2SS25B84AXZTQ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on December 31, 2023

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

The only thing that works for my bedtime RLS

One person found this helpful

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hNSqrbVOwiWW92utEKp0an28ym9aWBysQFO7xDrKMv%2BNAAAAAGgtO4YAAAAB&reviewId=R2SS25B84AXZTQ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF76A7OMHOX7O54X3Q6CX5FI6GYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF76A7OMHOX7O54X3Q6CX5FI6GYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Sarah Calisher Haworth](https://www.amazon.com/gp/profile/amzn1.account.AF76A7OMHOX7O54X3Q6CX5FI6GYA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* Such great tablets - super effective.](https://www.amazon.com/gp/customer-reviews/RYZ23WCNGCNRJ/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 24, 2021

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I have terrible RLS at night. It drives me crazy and makes it impossible to fall asleep. These tablets really do an amazing job of calming the irritating sensation in my legs and works pretty quickly too. The tabs dissolve really easily in your mouth and are convenient to keep in my bedside table.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hJDEcRHDt94V5kw9ADFa3pMVBNQfE6hSZl54hIW%2BTeIHAAAAAGgtO4YAAAAB&reviewId=RYZ23WCNGCNRJ)

[[](https://www.amazon.com/gp/profile/amzn1.account.AGDM3HONHPGHSYCK5EKIGATQ3VVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AGDM3HONHPGHSYCK5EKIGATQ3VVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Jackie](https://www.amazon.com/gp/profile/amzn1.account.AGDM3HONHPGHSYCK5EKIGATQ3VVQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Doesn't work](https://www.amazon.com/gp/customer-reviews/R10Y1FBOYUEH2H/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on July 8, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

Tried it for several nights and it doesn't help RLS at all. Two stars because all medicine should be this easy! Tastelessly dissolves under your tongue!

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hH%2Bq1ANsaI6wf5B3wfxY1lYG%2Ff4aaJ4m2DcQ7ty0w%2F37AAAAAGgtO4YAAAAB&reviewId=R10Y1FBOYUEH2H)

[[](https://www.amazon.com/gp/profile/amzn1.account.AFLVVULRSHKA5BYNTQZENEY5JPOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AFLVVULRSHKA5BYNTQZENEY5JPOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[Julia St. Marie](https://www.amazon.com/gp/profile/amzn1.account.AFLVVULRSHKA5BYNTQZENEY5JPOQ/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Don't think this did anything for RLS](https://www.amazon.com/gp/customer-reviews/R2HA63CKPFY0AW/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on September 22, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

So sad when you buy a hope and get disapointed

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hK0RRzbI31dckFXhCdnlgeI9ZCAjj7LYr%2FX46JxyZ6FRAAAAAGgtO4YAAAAB&reviewId=R2HA63CKPFY0AW)

[[](https://www.amazon.com/gp/profile/amzn1.account.AEFXQ4FZQBP7NQK2WLKLFCKZJ25Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AEFXQ4FZQBP7NQK2WLKLFCKZJ25Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

[HJM](https://www.amazon.com/gp/profile/amzn1.account.AEFXQ4FZQBP7NQK2WLKLFCKZJ25Q/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*2.0 out of 5 stars* Did not work for me.](https://www.amazon.com/gp/customer-reviews/R2RJMF5FB6JY1F/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on June 19, 2024

[Size: 50 Count (Pack of 1)Style: NighttimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B07F4CPP7C/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I went through withdrawal and RLS was a nightmare. Someone recommended this product. Did not work for me, but might work for someone else.

Helpful

[Report](https://www.amazon.com/hz/reviews-render/report-review?ie=UTF8&ref=cm_cr_getr_d_rvw_hlp&csrfT=hIxldqVHDy%2BM6nGKD3hGzZE0PoHgkMl2fi8g7AnHrfV%2BAAAAAGgtO4YAAAAB&reviewId=R2RJMF5FB6JY1F)

[[](https://www.amazon.com/gp/profile/amzn1.account.AF24XJ6ISFWUQPQZAYSZZHVPC3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)](https://www.amazon.com/gp/profile/amzn1.account.AF24XJ6ISFWUQPQZAYSZZHVPC3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

["leemac2003"](https://www.amazon.com/gp/profile/amzn1.account.AF24XJ6ISFWUQPQZAYSZZHVPC3PA/ref=cm_cr_getr_d_gw_btm?ie=UTF8)

##### [*5.0 out of 5 stars* The only supplement that have worked](https://www.amazon.com/gp/customer-reviews/R2TJM1R0QXI5G9/ref=cm_cr_getr_d_rvw_ttl?ie=UTF8&ASIN=B07F4CPP7C)

Reviewed in the United States on February 28, 2023

[Size: 50 Count (Pack of 1)Style: DaytimePattern Name: Tablets](https://www.amazon.com/Restful-Nighttime-Hylands-Crawling-Tingling/product-reviews/B00DQK9E5I/ref=cm_cr_getr_d_rvw_fmt?ie=UTF8&formatType=current_format)[**Verified Purchase**](https://www.amazon.com/gp/help/customer/display.html/ref=cm_cr_dp_d_rvw_avp?nodeId=G8UYX7LALQC8V9KA)

I’ve tried many supplements for RLS and Hylands is the only one that has consistently worked about 90% of the time. Highly recommend.

One person found this helpful