

FAQ

What are the ingredients in Theraworx Relief?

Our proprietary blend of safe, gentle ingredients includes magnesium sulfate, colloidal silver, citrus grapefruit extract, aloe, allantoin and vitamin E.

What is the active ingredient in Theraworx Relief?

While the active ingredient on our label is magnesium sulfate, all of the safe, gentle ingredients in our proprietary formulation work together to provide the positive results our customers are experiencing.

Does Theraworx Relief have a smell?

Theraworx Relief has a very light green-apple scent.

Do I need a prescription for Theraworx Relief?

No. It is not a prescription drug and is available over-the-counter.

Have there been scientific studies done on Theraworx Relief?

Yes. Theraworx Relief has been proven effective in several studies, with many more studies underway. For more information please email info@avadinhealth.com

How long does it take for Theraworx Relief to start working?

Participants in our clinical studies noticed a significant reduction in the frequency of their leg & foot cramps within the first 2 weeks of daily use. Theraworx Relief also works quickly to release muscle tightness at the time of a cramp and most people get relief within minutes.

Does Theraworx Relief work on all types of muscle cramps and spasms?

Theraworx Relief has been proven to prevent & relieve muscle cramps in the legs and feet. There have not been any scientific studies on Theraworx Relief for other muscle groups, but it's safe to use on any area of the body.

Does Theraworx Relief work for menstrual cramps?

No, Theraworx Relief is not intended for menstrual cramp relief.

Does Theraworx Relief still work if it gets hot or cold?

For best results, do not store Theraworx Relief below 32 degrees Fahrenheit or above 120 degrees Fahrenheit.

Does Theraworx Relief expire?

Theraworx Relief does have 3-year expiration dating. Please refer to the bottle for the actual date of expiration.

Does Theraworx Relief have a heating or cooling sensation?

No, Theraworx Relief does not have a heating or cooling sensation. Many products with a heating or cooling sensation just distract the nerves, whereas Theraworx Relief's unique formulation works with the body's own natural functions to prevent muscle cramps and spasms, release muscle tightness at the time of a cramp or spasm, and even reduce muscle soreness after a cramp or spasm occurs.

Does Theraworx Relief help with restless legs syndrome (RLS)?

In a research study including patients diagnosed with RLS, Theraworx Relief was shown to reduce symptoms commonly associated with and accompanying RLS, including muscle cramps and spasms.

Will my Health Savings Account (HSA) or Flexible Spending Account (FSA) reimburse me for my purchase of Theraworx Relief for Muscle Cramps and Spasms?

Some insurance plans are approving Theraworx Relief for Muscle Cramps and Spasms. Since every HSA and FSA plan is a little different, check with your pharmacist or benefits provider to find out if your plan will reimburse you.

The incidence of reported adverse events with Theraworx Relief is low, and these events mainly involve mild skin reactions. If you notice any skin irritation, discontinue use and contact your physician.

I have sensitive skin. Can I use Theraworx Relief products?

Theraworx Relief has been clinically proven safe for multiple skin types, the face, and mucous membranes. Plus, it contains non-toxic and gentle ingredients, and it can be used as often as needed anywhere on the body. However, if you have a skin condition, it is recommended that you consult your doctor or skin care professional first.

Does Theraworx Relief interact with medications or other topical products?

Theraworx Relief should not interact with medications or other topical products. However, some topical products such as lotions or creams can act as a barrier and make Theraworx Relief less effective. Therefore, we recommend that you apply Theraworx Relief first, let it dry fully, and then apply lotions or other topical products. If you have questions or concerns, check with your doctor or pharmacist.

Can Theraworx Relief be used with adjunct therapies like TENS devices and hot/cold packs?

Yes. Theraworx Relief can be used along with adjunct therapies. It will not affect the way those products work.

How many times a day can I apply Theraworx Relief?

Theraworx Relief can be applied as often as needed to relieve cramps and spasms. We recommend using it twice daily (in the morning and before bedtime) to prevent nighttime muscle cramps and spasms, or three times daily if you also experience cramps or spasms during the day.

Is Theraworx Relief safe to use during pregnancy and breastfeeding?

While all of our ingredients are non-toxic, gentle and safe to use anywhere on the body, it's always best to talk to your doctor before using any new product when you're pregnant or breastfeeding.

Is Theraworx Relief safe for children?

Theraworx Relief formulation has been studied in subjects aged 17 and older. It has been used in high school athletes for several years. We have no evidence to suggest it cannot be used in younger subjects, as many of the same ingredients included in our base formulation are used in pediatric hospitals. You should always consult your pediatric physician prior to using any product such as Theraworx Relief.

I take a statin medication and am told to avoid consuming grapefruit. Can I use Theraworx Relief since it has grapefruit extract?

Theraworx Relief is a topical, locally acting solution (applied to the skin and works only where you need it to). The grapefruit extract contribution in total to the Theraworx Relief formulation is such that systemic effects (affecting the whole body) would be considered negligible, especially since Theraworx Relief is not intended to be ingested. However, it's best to check with your doctor before using Theraworx Relief.

I have a sulfur allergy. Can I use Theraworx Relief since it has magnesium sulfate?

A sulfur allergy is typically related to sulfonamide antibiotics, which are oral, systemic (affect your whole body) drugs. Magnesium sulfate is a naturally occurring mineral, and it's part of our topical solution, so it gets applied to the skin and works only where you need it to—not throughout your body like systemic drugs. While we don't believe you would have allergy issues, it's best to check with your doctor before using Theraworx Relief.

Does Theraworx Relief contain parabens?

Theraworx Relief contains a very small amount of methylparaben and propylparaben, which are a fraction (approximately 1/200) of what the FDA says is safe for daily use. Methylparaben and propylparaben are used as product preservatives, protecting consumers from things like harmful bacteria and mold. According to the Food and Drug Administration, parabens have not been shown to be harmful as used in cosmetics—and topical solutions like Theraworx Relief—because they contain very small amounts. Refer to this article for more information: <https://www.fda.gov/Cosmetics/ResourcesForYou/Consumers/ucm397393.htm>.

Is Theraworx Relief FDA approved?

Theraworx Relief is an FDA registered product and received New Drug Codes from the FDA approving its commercial labeling.