The RLS-H Formula

Internal Study

The internal study was conducted over a year period in 2007 prior to the application submission to Health Canada for approval and was done via phone interviews. The study was used as a guiding tool for internal planning purposes and to evaluate the effectiveness of the formula and ingredients. The results were kept internal awaiting for Health Canada's approval and re-launch of the product in 2013.

The study was done with people classified in two groups. Group one was relatively healthy people who were taking little to no pharmaceutical drugs. Group two were people taking pharmaceutical drugs specifically for their restless legs. The majority of people in group two on average where taking the pharmaceutical drugs for at least 2 years or less.

The people in group one were found to have the highest success rate after the first capsule and occasionally having to wait a day or two for relief. On average people in group one, 76% experienced relief the first day and the remainder seeing their symptoms decreased after the first day report complete relief a day or two later.

Members of group two did see results the first day but the majority of people experienced relief within the 30 day period. On average the majority of people in group two experienced relief within the first 10 days. Approximately 38% of people in group two experienced results after the 10 day period. The remainder of the people in group two began to experience relief after the 10 days period.

The most interesting finding in this study was with people who reported a parent having restless legs. In this group the success rate for relief on day one was the highest at 76%. For people in group two who reported a parent having restless legs, 82% experienced relief within the 10 day period.

The company plans on conducting more formal clinical studies in the future to validate their findings.

Addresse : 1306 Wellington, Ottawa , ON, K1Y3B2, Canada,
Contact : @ Shawn@rls-h.com , (p) 1.613.424.2825 (w) www.rls-h.com