

TABLE 2

Outcomes Results, Mean and Median

Outcome	Placebo		Magnesium		P
	Mean \pm SD	Median	Mean \pm SD	Median	
Number of cramps	11.1 \pm 7.3	5	11.8 \pm 7.6	4.5	.59
Severity	2.07 \pm 2	1.25	2.01 \pm 1.73	1.41	.84
Duration*	2.2 \pm 0.72	2	2.5 \pm 0.69	2	.44
Sleep disturbance	1.47 \pm 2.35	0	1.89 \pm 2.62	0	.39

SD denotes standard deviation.

*In minutes.