

TITLE 1: "Ask the Doctor"

TITLE 2:

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KEYWORDS:

- Non-Pharmaceutical treatment

ABSTRACT OVERVIEW: One reader discusses the connection between MSG and RLS.

COPY OF ARTICLE:

Q. I believe I read some time ago that consuming monosodium glutamate (MSG) can trigger a severe RLS episode, but I have not read anything for some time. Has anything new been found out about it? The "cocktail" of folic acid, potassium and iron have helped me tremendously, but I have also tried to eliminate MSG as much as possible. Chinese restaurants (unless they put in print that they do not use MSG) are definitely out. I read every label and do not buy anything with it. I also do not want to take drugs.

A. I have not seen anything written regarding MSG and RLS. If there is a relationship then it would usually be on an individual basis. Thus, the best way to know if there is a relationship for you is if you find consuming MSG has worsened your symptoms. If MSG does not worsen your symptoms then eliminating it may not be necessary.

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