

Nutritional Support for Women's Health

Nature's Plus Y-Cramp addresses the nutritional shortfalls that contribute to monthly cramps, soothing away your worries with calcium, magnesium, guava leaf, flax lignans, ginger, wild yam, soy isoflavones, green tea and more.

- If you want whole-body relief and freedom from feminine cramps.
- If you wish to help restore a healthy, bright mood during your period.
- If you want the multitude of wellness benefits that balanced hormones will bring.
- If you want to promote healthy muscle tone and digestion, as well as prevent water retention... then you must experience **Y-Cramp**.
- Reclaim your inner balance! Be vibrant, be beautiful, be yourself... and stay comfortable all month long with **Y-Cramp**.

DIRECTIONS: As a dietary supplement for adults, three softgels daily.

WARNING: Consult a health care practitioner before use if you are pregnant or breastfeeding, or wish to become pregnant.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat and milk.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT NO. 48728



Manufactured with LOVE ♥
for **NATURE'S PLUS**
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www.naturesplus.com

Nature's Plus® The Energy Supplements®

Ycramp™

Dietary Supplement

with Guava Leaf, Flax Lignans, Bamboo Leaf
and Magnesium

Natural Relief for Body Aches
and Menstrual Discomfort



90 SOFTGELS

Supplement Facts

Serving Size 3 Softgels

Servings Per Container 30

Amount Per Serving	%DV
Calcium (as citrate complex)	100 mg 10%
Magnesium (as citrate complex)	50 mg 13%
EFA-Rich Flaxseed Oil (<i>Linum usitatissimum</i>)	450 mg †
Guava Leaf Extract (<i>Psidium guajava</i>) (std. 1%–2% [1.2 mg–2.4 mg] guava flavonols)	120 mg †
Ginger (<i>Zingiber officinale</i> root) (std. 4% [4 mg] volatile oils)	100 mg †
Yam (<i>Dioscorea</i> spp. tuber) (std. 10% [10 mg] diosgenin)	100 mg †
St. John's Wort (<i>Hypericum perforatum</i> flower)	50 mg †
Passionflower (<i>Passiflora incarnata</i> flower)	50 mg †
Ginkgo Biloba Leaf (std. 24% [6 mg] ginkgo flavone-glycosides and 6% [1.5 mg] terpene lactones)	25 mg †
Chinese Green Tea (<i>Camellia sinensis</i> leaf) (standardized 95% [23.75 mg] polyphenols)	25 mg †
Bamboo Leaf Extract (<i>Bambusa tuldoidea</i>)	25 mg †
Horsetail (<i>Equisetum arvense</i>)	25 mg †
Flax Lignans (from <i>Linum usitatissimum</i> seed)	25 mg †
Soy Isoflavones (<i>Glycine max</i> extract)	5 mg †

†Daily Value (DV) not established.

Other ingredients: Beeswax, hops, silica, soy lecithin, flaxseed oil, gelatin, glycerin and natural color.