## 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.

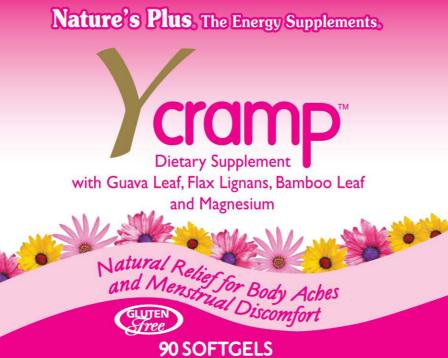
Free from artificial colors and preservatives. Free from the common allergens yeast, wheat and milk

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 548 Broadhollow Boad Melville, NY 11747, USA Div. of Natural Organics, Inc. @NATURAL ORGANICS www.naturesplus.com



## Commissions of Foots

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 (Passiflora incarnata flower)	50 mg	†
Ginkgo Biloba Leaf (std. 24% [6 mg] ginkgo flavone-glycosides and 6% [1.5 mg] terpene lactones)	25 mg	t
Chinese Green Tea ( <i>Camellia sinensis</i> leaf) (standardized 95% [23.75 mg] polyphenols)	25 mg	†
Bamboo Leaf Extract (Bambusa tuldoides)	25 mg	†
Horsetail ( <i>Equisetum arvense</i> )	25 mg	t
Flax Lignans (from <i>Linum usitatissimum</i> seed)	25 mg	†
Soy Isoflavones (Glycine max extract)	5 mg	Ť

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