# CRAMP BARK

*Viburnum opulus*

**Promotes Muscle Relaxation***

2 fl. oz. (60 mL)
HERBAL SUPPLEMENT

HERBALIST H&A ALCHEMIST

Suggested use: 40-60 drops (2-3 mL) in juice or water. Take 4 times per day. Shake well before using.

KEEP OUT OF CHILDREN'S REACH

## Supplement Facts

Serving size 60 drops (3 mL)
Servings per container 20

| Amount Per Serving |
| --- |
| Fresh Cramp Bark bark ♦ extract 3 mL† |

† Daily value not established.

Other ingredients: Ethyl alcohol ♦, distilled water, vegetable glycerin.

Botanical Preparation Ratio 1:3
♦ Certified Organic

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***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

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