



# Full Spectrum<sup>®</sup> Cramp Bark

## Muscle Comfort Herb

Herbal Supplement



60 capsules • 500 mg

- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

**SUGGESTED USE:** As a dietary supplement, take one capsule two times per day with water.

**WARNING:** Do not take this product if you are pregnant or nursing.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Cramp Bark (*Viburnum opulus*) (bark) 500 mg\*

\*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), calcium palmitate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148  
or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



SW1148  
3