



Nutritional Support for Women's Health

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.

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>) (standardized 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: Flaxseed oil, gelatin, glycerin, calcium carbonate, magnesium oxide, purified water, non-GMO soy lecithin, beeswax, silica, hops, natural color, sunflower oil, gum arabic, non-GMO maltodextrin and di-calcium phosphate.

PRODUCT NO. 48728

Manufactured with LOVE ♥
for **NATURE'S PLUS**
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Div. of Natural Organics, Inc.
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www.naturesplus.com

IFC: 1136148

Why cramp? When there's Ycramp!

You are a woman, Mother Nature's masterpiece. So who says a radiant beauty such as you must deal with cramps every month? For that matter, why should any time of the month be uncomfortable? For all you do as a woman, you deserve better.

Exhilarating whole-month comfort can be restored with the power of Mother Nature. **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**.

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.



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