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SUGGESTED USE
SHAKE WELL BEFORE USING
Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, 2 to 5 times per day. Each serving may be increased to 2 full squeezes of the dropper bulb if desired. Best taken between meals.
Caution: Seek expert medical advice before taking during pregnancy or nursing.
Keep Out of the Reach of Children
Store away from heat & light

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CRAMP CARE™

SYSTEM RESTORATION

Reproductive*

HERB PHARM®

HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Cramp Care™

Supplement Facts

Serving Size: 1.4 ml

Servings: about 21

Amount Per Serving

% DV

Calories 5

Proprietary extract blend: 1,238 mg †

Cramp Bark bark (*Viburnum opulus*) Ⓢ Corydalis tuber (*Corydalis yanhusuo*) Ⓢ Jamaica Dogwood root bark (*Piscidia piscipula*) Ⓢ Black Cohosh rhizome w/rootlet (*Actaea racemosa*) Ⓢ Wild Yam rhizome (*Dioscorea villosa*) Ⓢ Ginger rhizome (*Zingiber officinale*) Ⓢ

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (61-71%), distilled water & certified organic vegetable glycerin. **Gluten-Free**

Ⓢ Certified Organic Ⓢ Responsibly Wildcrafted

Ⓢ Purity Verified

Ⓢ Extraction rate 334 mg herb per 1.4 ml.

HERB PHARM • WILLIAMS, OR 97544

800-348-4372 • www.herb-pharm.com

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.