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Store away from heat & light

Keep Out of the Reach of Children

before taking during pregnancy or nursing.

Caution: Seek expert medical advice

desired. Best taken between meals.
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

SHAKE WELL BEFORE USING

SUGGESTED USE

CRAMP CARE™

SYSTEM RESTORATION

Reproductive*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

001

Cramp Care™

Supplement Facts

Serving Size: 1.4 ml

Servings: about 84

Amount Per Serving

% DV

Calories 5

Proprietary extract blend: 1,238 mg Ⓢ

†

Cramp Bark bark (*Viburnum opulus*) Ⓢ Corydalis tuber (*Corydalis
yanhusuo*) Ⓢ Jamalca 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.