



Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Cramp Bark Extra™ combines science based and traditional herbs along with nutrients to support healthy uterine tissues during menses.*

Suggested Use: One (1) to three (3) capsules every three hours up to four times daily during menstruation.

Avoid use of this product during pregnancy and lactation.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, lactose, salt, wheat, gluten, soybeans, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



Actual Size

VITANICA®



CRAMP BARK EXTRA™

MENSTRUAL SUPPORT*

FORMULATED BY DR. TORI HUDSON
Dietary Supplement
60 Vegetarian Capsules

VITANICA® 12401 SW Leveton Dr., Tualatin, OR 97062 • www.vitanica.com

Supplement Facts

Serving Size 3 Capsules
20 Servings per Container

Amount per Serving	% Daily Value	
Vitamin C (as calcium ascorbate, buffered)	750 mg	1250
Vitamin E (as d-alpha tocopheryl succinate)	75 IU	250
Vitamin B3 (as inositol hexaniacinate)	150 mg	750
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg	2000
Calcium (as ascorbate, citrate, malate)	160 mg	16
Magnesium (as citrate, malate)	60 mg	15
Rutin	300 mg	†
Cramp bark (Viburnum opulus)	300 mg	†
Valerian (Valeriana officinalis) root	150 mg	†
Black Cohosh (Cimicifuga racemosa) root	150 mg	†
Ginger (Zingiber officinale) root	150 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose and water), l-leucine.

Cramp Bark Extra™ is suitable for vegetarians and vegans.

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