



CRAMP RELAX

- Fast-acting menstrual cramp relief*
- Fights bloating*
- Tames tension & irritability*

20 TABLETS

DIETARY SUPPLEMENT

*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.

Supplement Facts

Serving Size 2 tablets

Servings per container 10

Amount per 2 tablets	%DV***	
Calories	5	
Total Carbohydrate	1 g	<1%***
Vitamin C (ascorbic acid)	30 mg	50%
Vitamin B6 (as pyridoxine HCl)	0.5 mg	25%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	125%
Calcium	200 mg	20%
Magnesium (as magnesium glycinate)	50 mg	13%
Zinc (as zinc Krebs cycle chelates)†	7.5 mg	50%
Sodium	15 mg	<1%
Tension Relief Blend	769 mg	**
calcium carbonate, ashwagandha (Withania somnifera) root extract, and L-theanine (Suntheanine® brand)		
Cramp Relax Blend	340 mg	**
cramp bark (Viburnum opulus), dong quai (Angelica sinensis) root extract, and dill (Anethum graveolens) seed extract		
Bloat Relief Blend	130 mg	**
dandelion (Taraxacum officinale) root extract and barberry (Berberis vulgaris) root extract		

***Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: citric acid, safflower oil, cellulose, sodium bicarbonate, modified cellulose gum, silicon dioxide, modified cellulose, soy lecithin, vegetable glycerin, and carnauba wax.

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Recommendations: One or two tablets daily as needed, or as directed by your healthcare practitioner.

Caution: Women who are pregnant or nursing should not use Cramp Relax. If taking prescription drugs, consult your healthcare practitioner prior to use.

†Chelated as citrate, fumarate, malate, succinate, and alpha ketoglutarate.

Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.

ETI is an FDA-registered drug establishment.

Contains no sugar, yeast, wheat, gluten, corn, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin. This product contains natural ingredients; color variations are normal.



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With Aunt Flo® Cramp Relax you'll be feeling fine *in no time!**

Say good-bye to monthly madness with Aunt Flo Cramp Relax menstrual cramp and bloating relief.* It gently and naturally reduces the pain of menstrual cramps, eases tension and relieves bloating.*

Study results:

- 80% of women reported reduced menstrual pain and cramping.*††
- Fast relief within 30-60 minutes!*††

This unique blend includes time-tested cramp bark and dill, traditionally used to soothe menstrual cramps.* It also has calming L-theanine to reduce irritability and muscle tension, plus calcium and magnesium for additional cramp relief.* There's dandelion to fight bloating, vitamin B12 to boost energy and ashwagandha to support the body's natural anti-stress abilities.* Don't let your period ruin your day!

††An open label pilot study of the safety and effectiveness of a menstrual cramp relief formula in healthy adult women. 2008.

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