

DIRECTIONS: For adults, take two (2) capsules daily preferably with a meal.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

* 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.



Crampbark
Supports Relieving
Menstrual Cramps*
Supports Kidneys*
Supports Relaxation*
900 mg

DIETARY SUPPLEMENT
90 Capsules

Supplement Facts

Serving Size 2 Capsules

Serving Per Container 45

	Amount Per Serving	%Daily Value
Crampbark (<i>Viburnum opulus</i>)(bark)	900 mg	*

* Daily Value not Established

Other Ingredients: Gelatin, Rice Powder.

CONTAINS NO: Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

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