



Bottle made from 100% post consumer recycled material.

We are committed to you and our planet. Scan to learn more.



Recommended Use: Take 2 capsules twice daily with a meal.

*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.

Many women experience some cramping during menses. Most of the herbs in this Cramp Relief formula were used by Native Americans or early settlers to relieve menstrual cramps.*



Do not use if inner seal is missing or damaged.

Cramp Relief

NEW
LOOK!

SAME GREAT
PRODUCT

TRADITIONAL FEMALE HEALTH BLEND*

*Contains Herbs That Have Been Traditionally Used to Assist During Menstruation**

Dietary Supplement
100 CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per 2 Capsules

Proprietary Blend	800 mg†
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Cramp Bark (<i>Viburnum opulus</i>)	
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Black Cohosh Root (<i>Cimicifuga racemosa</i>)	
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Lobelia Aerial Parts (<i>Lobelia inflata</i>)	
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Plantain Leaves (<i>Plantago major</i>)	
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Wild Yam Root (<i>Dioscorea villosa</i>)	
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†Daily Value not established.

Other Ingredients: Capsule (gelatin, water).



Stock#
1124
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HERBAL EXPERTS *since* 1972

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