



Store away from heat & light

Caution: Seek expert medical advice before taking during pregnancy or nursing.

if desired. Best taken between meals.
to 2 full squeezes of the dropper bulb (1.4 ml)
per day. Each serving may be increased
to 2 oz. of water or juice, 2 to 5 times
(0.7 ml) to 2 oz. of water or juice, 2 to 5 times

SUGGESTED USE
SHAKE WELL BEFORE USING

002

CRAMP CARE™

SYSTEM RESTORATION

Reproductive*



HERBAL SUPPLEMENT

2 fluid ounces (60 ml)

Cramp Care™

Supplement Facts

Serving Size: 1.4 ml

Servings: about 42

Amount Per Serving

% DV

Calories 5

Proprietary extract blend: 1,238 mg Ⓢ †
Cramp Bark bark (*Viburnum opulus*) Ⓢ **Corydalis tuber**
(*Corydalis yanhusuo*) Ⓢ **Jamaica 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.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.