Nutritional Support for Women's Health

Nature's Plus Y-Cramp addresses the nutritional shortfalls that contribute to monthly cramps, soothing away your worries with calcium, magnesium, guava leaf, flax lignans, ginger, wild yam, soy isoflavones, green tea and more

- If you want whole-body relief and freedom from feminine cramps.
- If you wish to help restore a healthy, bright mood during your period.
- If you want the multitude of wellness benefits that balanced hormones will bring.
- If you want to promote healthy muscle tone and digestion, as well as prevent water retention... then you must experience Y-Cramp.
- · Reclaim your inner balance! Be vibrant, be beautiful, be yourself... and stay comfortable all month long with Y-Cramp.

DIRECTIONS: As a dietary supplement for adults, three softgels daily.

WARNING: Consult a health care practitioner before use if you are pregnant or breastfeeding, or wish to become pregnant.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

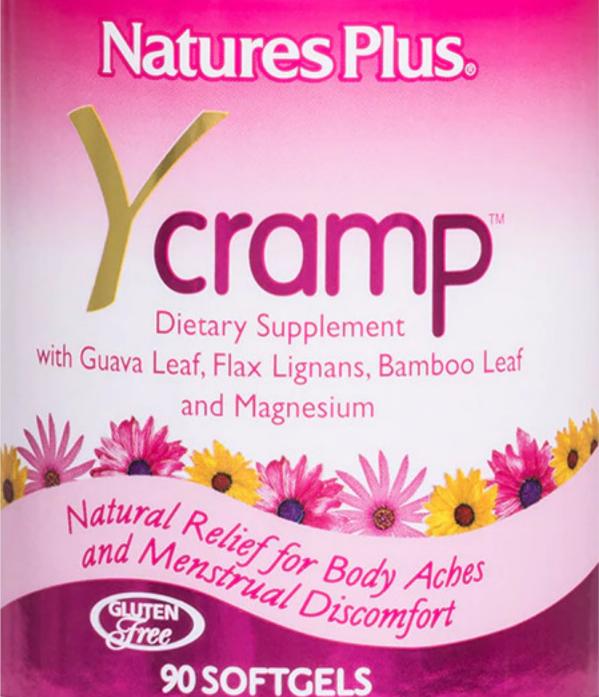
Free from artificial colors and preservatives. Free from the common allergens yeast, wheat and milk.

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.

PRODUCT NO. 48728



Manufactured with LOVE ♥ for NATURE'S PLUS 548 Broadhollow Road, Melville, NY 11747, USA Div. of Natural Organics, Inc. CNATURAL ORGANICS® www.naturesplus.com



Supplement Facts

Serving Size 3 Softgels	Servings Per Conta	ervings Per Container 30	
Amount Per Serving		%DV	
Calcium (as citrate complex)	100 mg	10%	
Magnesium (as citrate complex)	50 mg	13%	
EFA-Rich Flaxseed Oil (Linum usitatis	simum) 450 mg	†	
Guava Leaf Extract (<i>Psidium guajava</i>) (std. 1%–2% [1.2 mg–2.4 mg] guava	120 ma	t	
Ginger (Zingiber officinale root) (std. volatile oils)	4% [4 mg] 100 mg	†	
Yam (<i>Dioscorea</i> spp. tuber) (std. 10% diosgenin)	[10 mg] 100 mg	†	
St. John's Wort (Hypericum perforatu	im flower) 50 mg	†	
Passionflower (Passiflora incarnata fl	ower) 50 mg	†	
binkgo Biloba Leaf (std. 24% [6 mg] flavone-glycosides and 6% [1.5 mg] ter	ginkgo 25 mg rpene lactones)	t	
Inlese Green Tea (Camellia sinensis (standardized 95% [23.75 mg] polypt	leaf) 25 mg henols)	†	
bamboo Leaf Extract (Bambusa tuldo	ides) 25 mg	†	
norsetail (Equisetum arvense)	25 mg	†	
Flax Lignans (from Linum usitatissim	um seed) 25 mg	1	
Soy Isoflavones (Glycine max extract)	5 mg	+	

Other ingredients: Flaxseed oil, gelatin, glycerin, calcium carbonate, magnesium oxide, purified water, non-GMO soy lecithin, beeswax, silica, hops, natural color, sunflower oil, gum arabic, non-GMO maltodextrin and di-calcium phosphate.