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Store away from heat & light

Keep Out of the Reach of Children

taking during pregnancy or nursing.

Caution: Seek expert medical advice before

1.4 ml) if desired. Best taken between meals.
to 2 full squeezes of the dropper bulb
per day. Each serving may be increased
(0.7 ml) to 2 oz. of water or juice, 2 to 5 times
Add 1 full squeeze of the dropper bulb

SHAKE WELL BEFORE USING

SUGGESTED USE

CRAMP CARE™

SYSTEM RESTORATION

Reproductive*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Cramp Care™

Supplement Facts

Serving Size: 1.4 ml

Servings: about 21

Amount Per Serving

% DV

Calories 5

Proprietary extract blend:

1,238 mg †

Cramp Bark bark (*Viburnum opulus*) Ⓢ **Corydalis tuber**
(*Corydalis yanhusuo*) Ⓢ **Jamaica Dogwood bark** (*Piscidia*
piscipula) Ⓢ **Black Cohosh rhizome with 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.

HERB PHARM • WILLIAMS, OR 97544

800-348-4372 • www.herb-pharm.com

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