



Keep Out of the Reach of Children
Store away from heat & light

before taking during pregnancy or nursing.

Caution: Seek expert medical advice

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

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SUGGESTED USE

SHAKE WELL BEFORE USING



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

CRAMP CARE™

SYSTEM RESTORATION

Reproductive*

Cramp Care™

Supplement Facts

Serving Size: 1.4 ml

Servings: about 84

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.

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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.**