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*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.



GENTLE RECOVERY

Feminine
Cramp Relief

EXPECTING & NURSING MOMS

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS

GF

VEGAN

Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 48

Per Serving %DV

Proprietary Blend 1.25 mL †

Cramp bark, Black Haw bark,
Yarrow leaf & flower, St. John's
Wort herb

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water
and approx. 5% - 10% organic grain alcohol.

*St. John's Wort should not be taken with Rx
anti-depressants or birth control.*



MOUNTAIN MEADOW HERBS®

Manufactured and Distributed by:
Mountain Meadow Herbs, Inc.
1019 Hard Rock Rd, Somers, MT 59932
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1 dropperful = approx. 1/8 tsp.

SUGGESTED USE: 1/4 tsp. in water as needed. Dosage can be repeated every 15 min. (within reason) until relief is obtained.

Caution: If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product. Shake well. Keep out of reach of children. Store in a cool, dry place out of sunlight.



POSTPARTUM AND MENSTRUAL SUPPORT*

- Fast-acting*
- Ease cramping and spasms*
- Midwife recommended*

The MMH Three-Leaf Promise:

Our high-standards produce nothing less than **Pure, Safe, and Effective** herbal products.

You will always feel that **We Care**—through our products, our service, and our understanding.

We Deliver On Time.

