



SUGGESTED USE
SHAKE WELL BEFORE USING
Adults: Add 1 squeeze of the dropper bulb
to 2 oz. of water or juice, 2 to 5 times
per day. Best taken between meals.
Keep Out of the Reach of Children
Store away from heat & light

015

Viburnum opulus
**CRAMP
BARK**

SYSTEM RESTORATION

Musculoskeletal*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Cramp Bark Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% DV

Cramp Bark bark

657 mg Ⓢ †

(*Viburnum opulus*) Ⓢ extract

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (52-62%), distilled water & certified organic vegetable glycerin. **Gluten-Free**

Ⓢ Responsibly Wildcrafted

Ⓢ Extraction rate 140 mg herb per 0.7 ml.

Dry herb / menstruum ratio: 1 : 5

HERB PHARM • WILLIAMS, OR 97544
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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.