

Cramp Bark Extra™ combines science based and traditional herbs along with nutrients to support smooth muscle tissues during menses.*

Suggested Use: One (1) to three (3) capsules every three hours up to four times daily during menstruation.

Avoid use of this product during pregnancy and lactation.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, starch, lactose, salt, corn, wheat, gluten or milk derivatives.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



CRAMP BARK EXTRA™

Dietary Supplement
VITANICA®

15 Vegetarian Capsules

Supplement Facts

Serving Size 3 Capsules

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	750 mg	1250
Vitamin E (as d-alpha tocopheryl succinate)	75 IU	250
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg	2000
Vitamin B3 (as inositol hexaniacinate)	150 mg	750
Calcium (as ascorbate, citrate, malate)	60 mg	6
Magnesium (as citrate, malate)	60 mg	15
Rutin	300 mg	†
Cramp bark - Viburnum opulus	300 mg	†
Valerian root - Valeriana officinalis	150 mg	†
Black cohosh root - Cimicifuga racemosa	150 mg	†
Ginger root - Zingiber officinale	150 mg	†
† Daily Value not established		

Other ingredients: vegetarian capsule (cellulose and water), l-leucine Vitamin E from soy.

Cramp Bark Extra™ is suitable for vegetarians.

* This statement has not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

VITANICA®
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