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SUGGESTED USE
SHAKE WELL BEFORE USING
Take up to 40 drops in 2 oz. of water
or juice, two to five times per day.
Best taken between meals.
Keep Out of the Reach of Children
Store away from heat & light

009

CRAMP BARK

SYSTEM RESTORATION

Musculoskeletal



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Cramp Bark Liquid Extract

Ingredients: certified organic alcohol (48-58%), distilled water, vegetable glycerin & Cramp Bark extractives. **GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 5

We prepare our Cramp Bark Extract from the bark of *Viburnum opulus* trees which are **Sustainably Wildcrafted** in their natural habitat.

To assure optimal extraction of Cramp Bark's bioactive compounds, the bark is hand-harvested in the spring or fall, is carefully shade-dried, and is then thoroughly extracted.

HERB PHARM • WILLIAMS, OR 97544
800-348-4372 • www.herb-pharm.com