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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.

We prepare our Cramp Bark Extract from the bark of *Viburnum opulus* trees which is Custom Wildcrafted™ in its natural wild habitat.

LIQUID HERBAL EXTRACT

CRAMP BARK

Viburnum opulus
Dried Bark



HERBAL SUPPLEMENT

4 fluid ounces (118.4 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

SUGGESTED USE

SHAKE WELL BEFORE USING

Two to five times per day
take 30 to 40 drops in a little water.

Keep Out of the Reach of Children

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