

SUGGESTED USE
SHAKE WELL BEFORE USING
Add one full squeeze of the dropper bulb
to 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

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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

†

(*Viburnum opulus*)[Ⓢ] extract 657 mg[Ⓢ]

† Daily Value (DV) not established

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

Ⓢ Sustainably Wildcrafted

Ⓢ Equivalent to approx. 140 mg of herb.

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.

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