

Herb Specialists Since 1972

KO  
NATURE

## Body System Support

### GUARANTEED PURE

Many women experience some cramping during menses. Most of the herbs in this **Cramp Relief** formula were used by Native Americans or early settlers to relieve menstrual cramps.\*

### RECOMMENDATION

Take two capsules two to three times daily with a meal.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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# CRAMP RELIEF

• May be Helpful for Cramping  
During Menstruation\*

Herbal Dietary Supplement

## 100 CAPSULES

Stock No. 1124-9  
**NATURE'S SUNSHINE  
PRODUCTS, INC.**  
Spanish Fork, Utah 84660  
1-800-223-8225  
www.naturessunshine.com

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

#### Amount Per 2 Capsules

|                                                     |         |
|-----------------------------------------------------|---------|
| Proprietary Blend                                   | 800 mg* |
| Cramp Bark ( <i>Viburnum opulus</i> )               |         |
| Black Cohosh Root<br>( <i>Cimicifuga racemosa</i> ) |         |
| Lobelia Aerial Parts ( <i>Lobelia inflata</i> )     |         |
| Plantain Leaves ( <i>Plantago major</i> )           |         |
| Wild Yam Root ( <i>Dioscorea villosa</i> )          |         |

\*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

LOT:  
Full Potency Through:

