



CRAMP BARK

SYSTEM RESTORATION

Musculoskeletal



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

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 Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

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 approximately 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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