## HERBAL FORMULA





**Fast-Acting Dietary Supplement** Net: 1 Fluid Ounce (29.6 ml)

Cramp ReLeaf \* eases uterine, ovarian and lower abdominal muscle tension.\*

Suggested Use: Acute: Take 40 drops (one half teaspoon) in water every three to four hours. Increase suggested use to 80 drops (one teaspoon) in water should you need more support/relief.

Proactive: As a preventive measure take 40 drops in water twice a day five days prior to menstruation.

Ingredients: Extracts of Black Haw (stem bark), Cramp Bark (bark), Bethroot (root), Clove (flower bud)', Cinnamon (bark)', fresh Wild Yam (root), Cardamom (seed)' and Orange (peel)1. Other ingredients: 46-56% U.S. Pharmacopoeial alcohol, purified water and vegetable glycerine.

'ORGANIC

**GLUTEN FREE** 

www.herbsetc.com Herbs, Etc., 1340 Rufina Circle, Santa Fe NM 87507 Formulated by: Daniel Gagnon, Medical Herbalist