



CRAMP BARK

Viburnum opulus

**Promotes Muscle
Relaxation***

2 fl. oz. (60 mL)

HERBAL SUPPLEMENT

HERBALIST
H&A
ALCHEMIST



Suggested use: 40-60 drops
(2-3 mL) in juice or water.
Take 4 times per day. Shake
well before using.

Supplement Facts

Serving size 60 drops (3 mL)
Servings per container 20

Amount Per Serving

Fresh Cramp Bark bark ♦
extract 3 mL†

† Daily value not established.

Other ingredients: Ethyl alcohol ♦,
distilled water, vegetable glycerin.

Botanical Preparation Ratio 1:3
♦ Certified Organic

KEEP OUT OF CHILDREN'S REACH

*This statement has not been
evaluated by the FDA. This product
is not intended to diagnose, treat,
cure or prevent any disease.

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