

PLANETARY™

HERBALS

CRAMP BARK COMFORT™

RELAXING SUPPORT FOR THE FEMALE
REPRODUCTIVE SYSTEM*
800 MG • 60 TABLETS

HERBAL SUPPLEMENT
Formulated by
Michael Tierra L.Ac, O.M.D.

Michael Tierra

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%DV
Calcium	29 mg	3%
Proprietary Blend:	1.6 g	†
Dong Quai Root Extract, Cramp Bark, Chaste Tree Berry Extract, Poria Sclerotium Extract (40% polysaccharides), Cyperus Rhizome, and Ginger Root Extract.		
†Daily Value not established.		

Other ingredients: dibasic calcium phosphate, stearic acid, modified cellulose gum and silica.

Suggested Use: 2 tablets three times daily between meals. Take 2 to 3 days before menstruation, then stop taking during menstruation.

WARNING: Do not use if you are pregnant, may become pregnant, or breastfeeding.

Cramp bark is one of the most valued of all North American botanical calmatives and is especially useful for women. Chaste tree berry is legendary throughout Europe, and now in the U.S. as well. Planetary Herbals **CRAMP BARK COMFORT™** combines these herbs with classic Chinese botanicals for supporting monthly comfort.*

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

Manufactured for:

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