

Antispasmodic Mix

*Eases cramps**
*Calms muscle tension**

Benefits of Antispasmodic Mixture:

This masterful combination of herbs is a traditional blend used to ease abdominal, menstrual, and intestinal cramps. It includes Cramp Bark to help ease leg and abdominal cramps along with Black Cohosh and Scullcap which provide calming support for muscular tension*

Herbal Supplement

Net Wt. 5.5 oz. (154g)

Antispasmodic Mix

Directions: Pour 8 oz. of freshly boiled water over 1 heaping teaspoon of herbal tea. Cover and allow to steep 4 to 7 minutes, then strain. Drink 2 to 4 cups daily; preferably before meals. To enhance flavor, add honey, stevia and/or lemon to suit your personal taste.

Warning: Not to be used during pregnancy or while nursing, or in cases of excessive uterine bleeding. May cause nausea and vomiting. Avoid contact with eyes or open wounds. Do not exceed recommended dose; not to be taken in large doses.

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

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Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154

(215)637-HERB ~ www.PennHerb.com

Supplement Facts

Serving Size: 1 Teaspoonful

Servings Per Container: 12-15

Amount per serving	% Daily Value
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Proprietary Herbal Blend

Black Cohosh (root)	†
Cramp (bark)	†
Myrrh Gum	†
Scullcap (herb)	†
Skunk Cabbage (root)	†
Cayenne Pepper	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Contains no: sugar, salt, yeast, wheat, gluten, soy, milk, egg, or preservatives.