

# Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 60

**Amount  
per serving**

Cramp Bark  
(*Viburnum opulus*) . . . . . 375 mg †

† Daily value not established

**Other Ingredients:** Plant Cellulose (Capsule).

**Manufactured and Distributed by:**

Penn Herb Company, Ltd.,  
Philadelphia, PA 19154-3293  
www.PennHerb.com / 215-637-4372

**Directions:** Take 1 capsule, three times a day.

**WARNING:** Consult your physician before use if you are pregnant, nursing, using medication, or have any medical conditions.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

As the common name implies, **Cramp Bark** is a traditional herb for relaxing and soothing muscular cramps and gastrointestinal cramps. It is especially valuable for women, as it also supports uterine health and menstrual comfort. Cramp Bark's remarkable ability to relax muscular tension and supports nervous system health has been attributed to its natural content of Calcium, Magnesium and Potassium- minerals well known for their beneficial effect on nerve and muscle functions.\*

**Common uses include:**

- Eases cramps\*
- Relaxes muscles\*
- Supports smooth female cycle\*
- Supports nervous system health\*

Keep in a cool dry place with cap tightly closed.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

**\*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.**



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