

VITANICA® ~ CRAMP BARK EXTRA™



Utilizing the rich history of traditional medicine, and combined with empirical data, this thoughtful formula supports a healthy uterine response to smooth muscle contractions during menses.

Featured Ingredients:

- **Valerian root, Cramp bark, Black Cohosh and Ginger root** offer traditional soothing and tonic support for the uterus
- Research indicates **Vitamin B3 (niacin)** as promoting a healthy uterine response during menses; **Vitamin C** and **Rutin** seem to support the positive effect niacin has on the uterus
- A little extra **Calcium** and **Magnesium** offers gentle musculoskeletal relaxation support
- **Vitamin B6** promotes relaxation and **Vitamin E** is strongly indicated in research for healthy menstrual uterine tissue

Indications: Promotes healthy uterine tissues and a healthy response to muscle contractions with nutritional science and traditional herbal support.

Suggested Use: 1-3 capsules every three hours; up to four times daily during menstruation.

Supplement Facts

Serving Size 3 Capsules, 20 servings per container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	750 mg	1250
Vitamin E (as d-alpha tocopheryl succinate)	75 IU	250
Vitamin B3 (as inositol hexaniacinate)	150 mg	750
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg	2000
Calcium (as ascorbate, citrate, malate)	160 mg	16
Magnesium (as citrate, malate)	60 mg	15
Rutin	300 mg	†
Cramp bark - Viburnum opulus	300 mg	†
Valerian root - Valeriana officinalis	150 mg	†
Black cohosh root - Cimicifuga racemosa	150 mg	†
Ginger root - Zingiber officinale	150 mg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water), l-leucine.

Cramp Bark Extra™ is suitable for vegetarians and vegans.

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

Size ~ 60 caps; UPC code ~ 7-08118-02025-4

Size ~ 15 caps; UPC code ~ 7-08118-02026-1

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