

# VITANICA® ~ CRAMP RELAX™



Cramp Relax features Black Haw bark, a close relative herb to cramp bark with a history of traditional use, combined with thoughtful and supportive herbs and nutrients to relieve common menstrual cramps during menses.

## Featured Ingredients:

- **Black Haw** is a traditional herb used to support relief of common menstrual cramps; combines well with other supportive and tonic herbs: **Valerian root**, **Black cohosh**, and **Ginger root**
- 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
- **Calcium** and **Magnesium** offer gentle musculoskeletal relaxation support
- **Vitamin B6** promotes relaxation and **Vitamin E** is strongly indicated in research for healthy menstrual uterine tissue

## Supplement Facts

Serving Size 3 Capsules  
Servings per Container 20

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	575 mg	639%
Vitamin E (as d-alpha tocopheryl succinate)	50.3 mg	335%
Niacin (Vitamin B3) (as inositol hexaniacinate)	150 mg	938%
Vitamin B6 (as pyridoxal-5-phosphate)	40 mg	2353%
Calcium (as ascorbate, di-calcium malate, citrate)	141 mg	11%
Magnesium (as magnesium citrate, di-magnesium malate)	47 mg	11%
Black haw ( <i>Viburnum prunifolium</i> )	300 mg	†
Rutin ( <i>Sophora japonica</i> )	150 mg	†
Valerian ( <i>Valeriana officinalis</i> ) root	150 mg	†
Black Cohosh ( <i>Cimicifuga racemosa</i> ) root extract (4:1)	150 mg	†
Ginger ( <i>Zingiber officinale</i> ) rhizome	150 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate.

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

**Suggested Use:** Temporary support, 1-3 capsules every three hours; up to four times daily during menstruation. A maintenance dose of 3 capsules, once daily may be taken 1-2 days before menstruation. The maintenance dose may also be taken as needed to support muscle tissue relaxation anywhere in the body; also suitable for men.

Size ~ 60 caps; UPC code ~ 7-08118-02024-7

Size ~ 15 caps; UPC code ~ 7-08118-02022-3

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## **Quality Control Statement**

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.