

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.

Size ~ 60 caps; UPC code ~ 7-08118-01025-5

Size ~ 15 caps; UPC code ~ 7-08118-01026-2

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules

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, di-calcium malate)	160 mg	16
Magnesium (as citrate, di-magnesium malate)	60 mg	15
Rutin	300 mg	†
Cramp bark (<i>Viburnum opulus</i>)	300 mg	†
Valerian (<i>Valeriana officinalis</i>) root	150 mg	†
Black Cohosh (<i>Cimicifuga racemosa</i>) root	150 mg	†
Ginger (<i>Zingiber officinale</i>) root	150 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (HPMC, water), L-leucine.

Cramp Bark Extra™ is suitable for vegetarians and vegans.