

VITANICA® ~ CRAMP SOOTHE TONIC™



Tasty Tonics® are concentrated liquid herbal formulas designed with therapeutic doses and blended with natural flavors & essential oils to taste great and encourage compliance for daily use. Cramp Soothe Tonic replaces Cramp Calm Tonic, updating cramp bark with black haw bark, a close relative herb; a botanical formula offering quick support for uterine and smooth muscle tissues during menses or as needed.

Featured Ingredients:

- **Black haw** is a traditional herb relative to cramp bark, offering calming support for the uterus and smooth muscle tissues during menses
- **Valerian root** also offers calming support for the uterus and muscle tissues and is supportive during common menstrual cramps
- **Ginger root** supports and maintains a healthy inflammation response and supports calming of the smooth muscles
- **Garrya herb** is an important traditionally used herb to promote calm muscles; very helpful during menses and other times when needed

Supplement Facts

Serving Size 5 ml/One Teaspoon
Servings per Container 24

Amount per Serving		% Daily Value
Calories	15	
Total Carbohydrates	3 g	1%**
Black haw (<i>Viburnum prunifolium</i>) bark	800 mg	†
Valerian (<i>Valeriana officinalis</i>) root	200 mg	†
Ginger (<i>Zingiber officinale</i>) root	100 mg	†
Fresh Garrya (<i>Garrya spp.</i>) herb	50 mg	†
Stevia (<i>Stevia rebaudiana</i>) leaf extract	5 mg	†

† Daily Value not established

**Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, peppermint essential oil.

Indications: Support for smooth muscle tissues during menses and other times when this calming support is needed for muscles. Refreshing peppermint feels cooling and can be mixed with additional ginger for taste and support.

Suggested Use: Shake well before using. Adults: 1 teaspoon, every 3 hours as needed. Dilute in 2-3 ounces of warm or cool water, or to taste as a tasty herbal tea. May also be taken undiluted.

Size ~ 4 ounces; UPC code ~ 7-08118-01028-6

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