



# VITANICA® ~ CRAMP CALM 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 Calm Tonic is a botanical formula offering quick support for uterine and smooth muscle tissues during menses or as needed.

## Featured Ingredients:

- **Cramp bark** is a traditionally used tonic herb 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

**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 ~ 7-08118-01029-3

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)