



NATURE'S SUNSHINE

Cramp Relief

GOOD FOR

Female Reproductive System

Muscles

Uterus

SIZE **100 Capsules**ITEM # **1124**SERVING **2**SUPPLY **16–25 days**

DIRECTIONS FOR USE Take 2 capsules twice daily with a meal.

— How the Key Ingredients Work

Cramp Relief brings together time-honored herbs chosen to help ease muscle tension, support a calm and comfortable body, and address the everyday aches that can slow you down. Each ingredient plays its own role in this thoughtfully balanced formula.

Feverfew — Feverfew has been studied for its ability to help reduce the frequency of head pain and support a more comfortable day. It also helps the body manage everyday inflammation, making it a versatile herb for those who deal with recurring tension or discomfort on a regular basis.

Black Cohosh — Long used by Native Americans for muscle and body discomfort, black cohosh is best known for helping ease the cramps, hot flashes, and mood shifts that can come with hormonal changes. Research shows it works through pathways in the nervous system to help the body feel more balanced and at ease.

Wild Yam — Wild yam has a long history of use for cramps and body tension, and its active compounds have shown anti-inflammatory and pain-easing effects in research studies. It is a traditional go-to herb for abdominal and muscle cramping, and it also supports healthy antioxidant activity in the body.

Lobelia — Sometimes called Indian tobacco, lobelia has been valued by herbalists for generations as a muscle-relaxing herb. Traditionally used to ease tight, tense muscles and support easier breathing, it brings a calming, releasing quality to this formula that complements the other herbs beautifully.

Plantain — Plantain leaf is packed with natural antioxidant compounds that help protect the body from everyday oxidative stress. It has also been studied for its ability to support bronchial comfort and ease inflammation, making it a quietly powerful addition to a formula focused on whole-body ease and relief.