Cramp ReLeaf™ (Black Haw/Cramp Bark Complex). Relieves sharp, strong menstrual cramps occurring prior to or during menstruation. Calms diarrhea and upset stomach that accompany menstruation. Improves ovarian and uterine circulation, soothes the pelvic muscles and promotes toning of the entire birthing organ. Reduces morning sickness and controls after-birth pains. In combination with Shepherd's Purse, it prevents postpartum hemorrhage.
Ingredients: Black Haw, Cramp Bark, Beth Root, Cloves, Cinnamon, Wild Yam, Cardamom, Orange peel.
Dose: Take 40-100 drops, or one-half to one teaspoon in warm water, every three or four hours.
