



Muscle Cramp/ Tension Formula

NPN 80061577



What Is It?

Muscle Cramp/Tension Formula offers important electrolytes to help maintain proper muscle function as well as soothing herbs to promote overall calm.

Uses For Muscle Cramp/Tension

Muscle Cramps and Muscle Tension: *The electrolytes magnesium, calcium and potassium are important for maintaining healthy muscle contractile function. In several trials, magnesium supported leg muscle function by helping to lessen occasional nighttime cramping, which can otherwise lead to impaired sleep. The traditionally soothing botanicals lemon balm, passion flower and chamomile are also included for their use in Herbal Medicine as mild sedatives and calmatives.*

What Is The Source?

Calcium, magnesium and potassium are derived from limestone. Citrate is derived from corn dextrose fermentation. Glycinate is synthetic. Passion flower extract is derived from *Passiflora incarnata* L. aerial. Lemon balm extract is derived from *Melissa officinalis* leaf. Chamomile extract is derived from *Matricaria recutita*. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Helps to maintain proper muscle function.

Warning

Do not use if you are allergic to plants of the Asteraceae/ Compositae/Daisy family. Consult a healthcare practitioner if symptoms persist or worsen. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

Muscle Cramp/Tension Formula

Medicinal Ingredients (per capsule) v 00

Calcium (Calcium citrate)	25 mg
Magnesium (Magnesium citrate and Magnesium glycinate) ..	75 mg
Potassium (Potassium citrate)	25 mg
Passion flower extract (<i>Passiflora incarnata</i>) (Aerial parts) ...	50 mg
(4-6:1, 200-300 mg dried equivalent)	
Lemon Balm extract (<i>Melissa officinalis</i>) (leaf)	5mg
(5:1, 125 mg dried equivalent)	
Chamomile extract (<i>Matricaria recutita</i>) (Flower)	25 mg
(6-12:1, 150-300 mg dried equivalent)	
Vitamin C (from 10 mg Ascorbyl palmitate)	4.2 mg

Non-Medicinal Ingredients: Hydroxypropyl methylcellulose, Purified water.

Recommended Dose: Adults: Take 4 capsules once per day. Take a few hours before or after taking other medications.