

Product Profile

CRAMP BARK

Viburnum opulus

Liquid extract of dried, spring-harvested bark (no adhering wood).

Actions: Balances sympathetic and parasympathetic nervous systems. Antispasmodic to tubular organs (i.e., stomach, intestines, uterus and bladder). Uterine and pregnancy tonic.

Uses: Menstrual cramps and nausea; sudden or irregular menstrual flow due to fevers. Painful spasms of uterus and ovaries with pain in thighs and back. Spastic pains during pregnancy; spotting, threatened miscarriage or false labor pains; post-partum pain and cramps. Leg cramps (especially during pregnancy). Bladder stricture. To facilitate insertion of catheters.

Dose: Take 30 to 40 drops, 2 to 5 times per day.

Cautions: None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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