



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Muscle Cramp/ Tension Formula

INTRODUCED 2007

## What Is It?

Muscle Cramp/Tension Formula offers important electrolytes and soothing herbs to help relieve occasional nighttime leg muscle cramps, minor muscle cramps associated with athletic activity, and overall muscle tension.\*

## Uses For Muscle/Tension Formula

**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 comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness. The traditionally soothing botanicals lemon balm, passion flower and chamomile also help to relieve occasional muscle tension. Additionally, these herbal extracts moderate occasional stress and promote overall relaxation.\*

## 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 parts and typically contains 3.5% vitexin. Lemon balm extract is derived from *Melissa officinalis* leaf and typically contains 5% rosmarinic acid. Chamomile extract is derived from *Matricaria recutita* flowers and typically contains 1.2% apigenins. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

Chamomile is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. In rare cases, passion flower can cause headache, dizziness, joint pain or ataxia. There is one case report of ventricular tachycardia following passion flower administration. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Chamomile may be contra-indicated with blood thinning medications. Passionflower may be contra-indicated with sedative medications. Consult your physician for more information.

### Muscle Cramp/Tension Formula

two vegetable capsules contain  V 00

calcium (citrate) .....	50 mg
magnesium (citrate, glycinate) .....	150 mg
potassium (citrate) .....	50 mg
passion flower ( <i>Passiflora incarnata L.</i> ) extract (aerial parts) .....	100 mg
lemon balm ( <i>Melissa officinalis</i> ) extract (leaf).....	50 mg
chamomile ( <i>Matricaria recutita</i> ) extract (flower) .....	50 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	20 mg
<b>2-4 capsules per day, in divided doses, with or between meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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