

Muscle Cramp/Tension Formula[†]

Helps ease mild muscle cramps and tension[†]

INDICATIONS

- Ages 18 and up
- Muscle cramp and tension relief[†]

BENEFITS

- Helps ease mild muscle cramps and tension[†]
- May relieve occasional sleeplessness by supporting leg muscle comfort[†]
- Moderates occasional stress and promotes overall relaxation[†]

FEATURES

- Blend of minerals and herbal extracts
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

The electrolytes magnesium, calcium and potassium are important for maintaining healthy muscle contractile function.^{1,2} In several trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness.³ The traditionally soothing botanicals lemon balm, passionflower and chamomile also help to relieve occasional muscle tension. Additionally, these herbal extracts moderate occasional stress and promote overall relaxation.^{4†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Calcium, magnesium and potassium are derived from limestone
- Citrate is derived from corn dextrose fermentation

- Glycinate is synthetic
- Passionflower 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

NOTES

Size 00 caps

Bottle counts 60, 180

Order codes MCT6, MCT1

Bottle sizes 190 cc, 20 oz

REFERENCES

1. Hammar M, et al. *Acta Obstet Gynecol Scand.* 1981;60(4):345-7.
2. Shils ME, et al. *Lippincott Williams & Wilkins.* 1999. 9; 114-119.
3. Roffe C, et al. *Med Sci Monit.* 2002 May;8(5):CR326-30.
4. Scholey A, et al. *Nutrients.* 2014 Oct 30;6(11):4805-21.

SUPPLEMENT FACTS

2 capsules, 1-2 times daily, with or between meals.

Two (size 00) vegetarian capsules contain:

Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate and 33% as magnesium glycinate)	150 mg
Potassium (as potassium citrate)	50 mg
Passionflower (<i>Passiflora incarnata</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
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	



Muscle Cramp/ Tension Formula [†]	Quantity	Order Code
	180	MCT1
	60	MCT6

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