

# Muscle Cramp/Tension Formula<sup>†</sup>

Helps ease mild muscle cramps and tension<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Muscle cramp and tension relief<sup>†</sup>

## BENEFITS

- Helps ease mild muscle cramps and tension<sup>†</sup>
- May relieve occasional sleeplessness by supporting leg muscle comfort<sup>†</sup>
- Moderates occasional stress and promotes overall relaxation<sup>†</sup>

## 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.<sup>1,2</sup> In several trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness.<sup>3</sup> 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.<sup>4†</sup>

## 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 <sup>†</sup>	Quantity	Order Code
	180	MCT1
	60	MCT6

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