

**LEG CRAMPS- cinchona officinalis bark, aconitum napellus, pseudognaphalium obtusifolium, ledum palustre twig, magnesium phosphate, dibasic trihydrate, toxicodendron pubescens leaf, and viscum album fruiting top tablet, soluble Hyland's Consumer Health Inc.**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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## **Leg Cramps**

Temporarily relieves symptoms of: stiffness, pain in limbs, joints or legs, cramps in calves, feet or legs

## **Drug Facts**

### **Active ingredients**

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#### **Active ingredients**

Aconitum Napellus 6X HPUS  
Cinchona Officinalis 3X HPUS  
Gnaphalium Polycephalum 3X HPUS  
Ledum Palustre 6X HPUS  
Magnesia Phosphorica 6X HPUS  
Rhus Toxicodendron 6X HPUS  
Viscum Album 3X HPUS

#### **Purpose**

pains in joints and legs  
pains in limbs and joints; cramping in legs  
cramps in calves and feet  
pain and cramps in legs  
muscle cramps  
pain and stiffness  
pains in joints

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*“HPUS” indicates that the active ingredients are in the official Homeopathic Pharmacopoeia of the United States.*

## **Uses**

- Helps temporarily relieves the symptoms of:
- stiffness ■ pain in limbs, joints or legs ■ cramps in calves, feet or legs

## **Warnings**

**Ask a doctor before use if you are**

sensitive to quinine.

**Stop use and ask a doctor**

if symptoms persist for more than 7 days or worsen.

**If pregnant or breastfeeding**

Ask a health professional before use.

**Keep out of reach of children**

***Directions***

■ Use as directed.

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Adults and children 12 years and over	Dissolve 2-3 tablets under tongue every 4 hours as needed. If the initial dosage is not providing immediate relief, dissolve 2-3 tablets under tongue every 15 minutes until relieved, up to 6 doses.
Children under 12 years of age	Ask a doctor before use.

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***Inactive ingredients***

Acacia Gum, Lactose.

***Questions?***

[www.hylands.com](http://www.hylands.com) or [care@hylands.com](mailto:care@hylands.com)

**\*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.**

**DO NOT USE IF TAMPER-EVIDENT SEAL IS BROKEN OR MISSING.**

**PRINCIPAL DISPLAY PANEL**

**Hyland's**

NATURALS

**LEG**

**CRAMPS**

**FAST + EFFECTIVE RELIEF\***

**50**

**QUICK-DISSOLVING**

**TABLETS**

HOMEOPATHIC



## LEG CRAMPS

cinchona officinalis bark, aconitum napellus, pseudognaphalium obtusifolium, ledum palustre twig, magnesium phosphate, dibasic trihydrate, toxicodendron pubescens leaf, and viscum album fruiting top tablet, soluble

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:54973-2956
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>CINCHONA OFFICINALIS BARK</b> (UNII: S003A158SB) (CINCHONA OFFICINALIS BARK - UNII:S003A158SB)	CINCHONA OFFICINALIS BARK	3 [hp_X]
<b>ACONITUM NAPELLUS</b> (UNII: U0NQ8555JD) (ACONITUM NAPELLUS - UNII:U0NQ8555JD)	ACONITUM NAPELLUS	6 [hp_X]
<b>PSEUDOGNAPHALIUM OBTUSIFOLIUM</b> (UNII: 36XQ854NWW) (PSEUDOGNAPHALIUM OBTUSIFOLIUM - UNII:36XQ854NWW)	PSEUDOGNAPHALIUM OBTUSIFOLIUM	3 [hp_X]

<b>LEDUM PALUSTRE TWIG</b> (UNII: 877L01IZ0P) (LEDUM PALUSTRE TWG - UNII:877L01IZ0P)	LEDUM PALUSTRE TWG	6 [hp_X]
<b>MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE</b> (UNII: HF539G9L3Q) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE	6 [hp_X]
<b>TOXICODENDRON PUBESCENS LEAF</b> (UNII: 6IO182RP7A) (TOXICODENDRON PUBESCENS LEAF - UNII:6IO182RP7A)	TOXICODENDRON PUBESCENS LEAF	6 [hp_X]
<b>VISCUM ALBUM FRUITING TOP</b> (UNII: BK9092J5MP) (VISCUM ALBUM FRUITING TOP - UNII:BK9092J5MP)	VISCUM ALBUM FRUITING TOP	3 [hp_X]

### Inactive Ingredients

Ingredient Name	Strength
<b>LACTOSE</b> (UNII: J2B2A4N98G)	
<b>ACACIA</b> (UNII: 5C5403N26O)	

### Product Characteristics

<b>Color</b>	white	<b>Score</b>	no score
<b>Shape</b>	ROUND	<b>Size</b>	9mm
<b>Flavor</b>		<b>Imprint Code</b>	
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:54973-2956-1	1 in 1 CARTON	12/04/1995	
1		50 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		
2	NDC:54973-2956-3	4 in 1 POUCH; Type 0: Not a Combination Product	12/04/1995	10/16/2023
3	NDC:54973-2956-2	1 in 1 CARTON	12/04/1995	
3		100 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		
4	NDC:54973-2956-4	4 in 1 CARTON	08/01/2018	
4		4 in 1 PACKET; Type 0: Not a Combination Product		
5	NDC:54973-2956-6	1 in 1 CARTON	12/04/1995	
5		100 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		12/04/1995	

**Labeler** - Hyland's Consumer Health Inc. (008316655)

## Establishment

Name	Address	ID/FEI	Business Operations
Hyland's Consumer Health Inc.		008316655	manufacture(54973-2956) , pack(54973-2956) , label(54973-2956)

Revised: 10/2023

Hyland's Consumer Health Inc.