

## QUICK REFERENCE SHEET

# CB

*(Formerly Cramp Bark Formula)*

Black Cohosh, Blue Cohosh, Cayenne, Chaste Tree,  
Cramp Bark, False Unicorn, Ginger, Motherwort, Passion  
Flower, Squawvine, White Birch, Wild Yam



0.50 Chaste Tree  
0.50 Cramp Bark  
0.25 Cayenne  
0.25 False Unicorn  
0.25 Ginger  
0.25 Motherwort  
0.25 Passion Flower  
0.25 Squawvine  
0.25 White Birch  
0.25 Wild Yam  
0.125 Black Cohosh  
0.125 Blue Cohosh

**Total Herbs 3.25 oz**  
**Tincture Ratio - 1:9**

This is a wonderful blend of antispasmodic, nervine, pain relieving, and hormone-balancing herbs. CB was formulated to be useful for menstrual tension and cramping and is particularly effective when used with BBL tincture and the <sup>Le</sup>WomanWise essential oil blend from Butterfly Express. This formula is one of the truly great ones.