Drug Facts

Active ingredients
Cimicifuga racemosa 6C HPUS ............................................. Relieves menstrual cramps improved bylying down.
Colocynthis 6C HPUS ....................................................... Relieves menstrual cramps improved by bending over.
Magnesia phosphorica 6C HPUS ........................................ Relieves menstrual cramps improved by warmth.

Purpose
The below HPUS indicate that this ingredient is officially included in the Homoeopathic Pharmacopoeia of the United States.

Uses
• temporarily relieves minor aches and pains associated with menstrual cramps.

Warnings
• Ask a doctor before use in children under 12 years of age.
• 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
• Adults and children 12 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue every
15 minutes for 3 doses. Repeat as needed until symptoms are relieved.
• Children under 12 years of age: Not recommended.

Other information
• do not use if glued carpet end flags are open or if the blister seal is broken.
• do not store above 100°F (38°C).

Inactive ingredients
cascarilla/sodium lactate, magnesium stearate

Questions or comments?
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Menstrual pain affects up to 84 percent of young women. It is characterized by dull, cramp-like throbbing in the lower abdomen just before or during menstruation. It often disrupts daily responsibilities, such as attending school, or requires medication. This is especially problematic due to the frequency of the condition.

Menstrual cramps can be reduced through lifestyle changes, such as increased physical activity, or by taking dietary supplements and herbs. Pain relievers and hormonal birth control are used for more acute cases.

Homeopathic treatments have been successfully used to relieve menstrual cramps. A two-year observational study on 128 women treated with homeopathic medicines showed an improvement in dysmenorrhea and quality of life.

Cyclusse Cramp is a homeopathic medicine that temporarily relieves menstrual aches and cramps. These quick-dissolving tablets can be taken alone or in combination with other treatments.
## Menstrual Cramps

### How It Works
- **Cyเคลase Cramp**
  - **Homeopathic symptom-specific action on minor aches and pain associated with menstrual cramps**
- **Hormonal contraceptives**
  - **Decreases risk of endometriosis**
- **NSAIDs (naproxen)**
  - **Decreases aches and pain from cramping and mastodynia**

### Advantages
- **Cyเคลase Cramp**
  - **Hormone-free, NSAID-free; no known interactions with other medications, herbs or supplements; over-the-counter**
- **Magnesium**
  - **Could be safe at usual doses**

### Side Effects/Disadvantages
- **None known**
- **Decreases risk of blood clots**
- **No hormonal side effects, interaction with other drugs**

## Supplement

### Magnesium
- **Helps reduce water retention, breast tenderness and bloating**
- **Could be safe at usual dosages**
- **Possibility of interactions with some drugs**

### Vitamin B1 (Thiamine)
- **Shown to reduce pain associated with dysmenorrhea in girls age 12 to 21**
- **Safe at usual dosages**
- **Possibility of interaction with some drugs**

### Vitamin E (Alpha tocopherol)
- **Reduces the production of prostaglandins, which is the cause of cramps and mastodynia**
- **Decreases cravings, anxiety and depression associated with PMS**
- **Side effects associated with overdose**

### Omega-3 fatty acids (Fish Oil)
- **Could decrease pain and NSAIDs consumption in women with dysmenorrhea**
- **Generally regarded as safe**
- **Possibility of interactions with some drugs**

### Pycnogenol (Pinus maritima extract)
- **Could reduce pelvic pain in women with dysmenorrhea**
- **Safe at usual dosages**
- **Avoid using when breastfeeding**

### Herbs
- **Fennel (Foeniculum vulgare)**
  - **Could reduce menstrual pain in girls and young women**
  - **Safe at usual dosages**
  - **Avoid using when breastfeeding**

## Pharmacology

Cyเคลase Cramp combines three homeopathic medicines manufactured according to the Homeopathic Pharmacopoeia of the United States and manufactured using the highest standards of production and quality control.

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight of these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmaceutical properties of the strain (in red) and the general indications of its homeopathic dilutions (in blue).

### Actaea racemosa (Ranunculaceae)
- **Black cohosh**
  - Estragonic components (Furocoumarin) and alkaloids (Cytisine, N-methylcytisine) spaooedic uterine pain

### Citrullus colocynthis (Cucurbitaceae)
- **Bitter apple**
  - Curcurbitacin glycoside: cathartic purgative, causing violent abdominal cramps

### Cimicifuga racemosa 6C
- **Relieves menstrual cramps improved by lying down**

### Colocynthis 6C
- **Relieves menstrual cramps improved by bending over**

### Magnesium phosphate dibasic MgHPO4
- **Pathogenesis shows highly spasmodic properties, sudden, fleeting and violent neuralgia**

### Magnesia phosphorica 6C
- **Relieves menstrual cramps improved by warmth**

## Advantages

As a convenient and reliable first choice for relieving menstrual cramps, Cyเคลase Cramp has many advantages:

- **No caffeine, NSAIDs or aspirin**
- **Excellent tolerance**
- **Cyเคลase Cramp is not expected to interact with other medications, supplements or interfere with biological tests**

### References