

LEG CRAMPS PM- oyster shell calcium carbonate, crude, causticum, matricaria recutita, cinchona officinalis bark, copper, lycopodium clavatum spore, magnesium phosphate, dibasic trihydrate, toxicodendron pubescens leaf, silicon dioxide, and sulfur tablet, soluble Hyland's 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.

Hyland's Naturals Leg Cramps PM

Purpose

Temporarily relieves the symptoms of pain and cramps in lower body, legs, calves, feet and toes with accompanying occasional sleeplessness and disrupted sleep.

Drug Facts

Active ingredients

<i>Active Ingredients</i>	<i>Purpose*</i>
Calcarea Carbonica 12X HPUS	cramps in legs, calves, feet and toes
Causticum 12X HPUS	occasional sleeplessness
Chamomilla 6X HPUS	occasional sleeplessness
Cinchona Officinalis 3X HPUS	pain in limbs and joints; cramping in legs
Cuprum Metallicum 12X HPUS	cramps of limbs, charley horse cramps
Lycopodium 12X HPUS	disturbed, restless sleep
Magnesia Phosphorica 6X HPUS	muscle cramps
Rhus Toxicodendron 6X HPUS	pain and stiffness
Silicea 12X HPUS	not being able to sleep again after waking
Sulphur 6X HPUS	occasional sleeplessness, frequent waking during night

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

Uses*

■ Helps temporarily relieve symptoms of pain or cramps in lower body, legs, calves, feet or toes with accompanying occasional sleeplessness or disrupted sleep

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.

Adults and children 12 years and over	Dissolve 2-3 tablets under tongue at bedtime. 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.

Inactive Ingredients

Acacia Gum, Lactose.

Questions?

www.hylands.com or 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

PM FAST + EFFECTIVE*

#1 PHARMACIST
 RECOMMENDED
 BEST
 OTC MEDICINE
 & HEALTH PRODUCTS
 & WORLD REPORT
 U.S. News
 50
 QUICK-DISSOLVING
 TABLETS
 HOMEOPATHIC



Leg Cramps PM 16 Count Tablets

†Hyland's Leg Cramps PM was awarded Best OTC Medicine & Health Products in Leg Cramp Relief by US News & World Report.

No water required. No stomach discomfort. For the relief you need, when you need it, so you can get back to sleep.*

Hyland's
NATURALS

LEG CRAMPS*

PM FAST + EFFECTIVE*

#1 PHARMACIST RECOMMENDED*

BEST
OTC MEDICINE & HEALTH PRODUCTS
USNews

16 QUICK-DISSOLVING TABLETS HOMEOPATHIC

FORMULATED FOR THOSE WHO LIVE ACTIVELY

FAST ACTING*
NON-HABIT FORMING
NO KNOWN DRUG INTERACTIONS

This item is electronically protected

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LEG CRAMPS PM

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Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:54973-3093
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
OYSTER SHELL CALCIUM CARBONATE, CRUDE (UNII: 2E32821G6I) (OYSTER SHELL CALCIUM CARBONATE, CRUDE - UNII:2E32821G6I)	OYSTER SHELL CALCIUM CARBONATE, CRUDE	12 [hp_X]
CAUSTICUM (UNII: DD5FO1WKFU) (CAUSTICUM - UNII:DD5FO1WKFU)	CAUSTICUM	12 [hp_X]
MATRICARIA RECUTITA (UNII: G0R4UBI2ZZ) (MATRICARIA RECUTITA - UNII:G0R4UBI2ZZ)	MATRICARIA RECUTITA	6 [hp_X]
CINCHONA OFFICINALIS BARK (UNII: S003A158SB) (CINCHONA OFFICINALIS BARK - UNII:S003A158SB)	CINCHONA OFFICINALIS BARK	3 [hp_X]
COPPER (UNII: 789U1901C5) (COPPER - UNII:789U1901C5)	COPPER	12 [hp_X]
LYCOPODIUM CLAVATUM SPORE (UNII: C88X29Y479) (LYCOPODIUM CLAVATUM SPORE - UNII:C88X29Y479)	LYCOPODIUM CLAVATUM SPORE	12 [hp_X]
MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE (UNII: HF539G9L3Q) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE	6 [hp_X]
TOXICODENDRON PUBESCENS LEAF (UNII: 6IO182RP7A) (TOXICODENDRON PUBESCENS LEAF - UNII:6IO182RP7A)	TOXICODENDRON PUBESCENS LEAF	6 [hp_X]
SILICON DIOXIDE (UNII: ETJ7Z6XBU4) (SILICON DIOXIDE - UNII:ETJ7Z6XBU4)	SILICON DIOXIDE	12 [hp_X]
SULFUR (UNII: 70FD1KFU70) (SULFUR - UNII:70FD1KFU70)	SULFUR	6 [hp_X]

Inactive Ingredients

Ingredient Name	Strength

LACTOSE (UNII: J2B2A4N98G)

ACACIA (UNII: 5C5403N26O)

Product Characteristics

Color	white	Score	no score
Shape	ROUND	Size	9mm
Flavor		Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:54973-3093-1	50 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	01/01/2010	
2	NDC:54973-3093-6	4 in 1 POUCH; Type 0: Not a Combination Product	01/01/2010	
3	NDC:54973-3093-2	1 in 1 CARTON	01/01/2010	
3		30 in 1 BOTTLE; Type 0: Not a Combination Product		
4	NDC:54973-3093-7	1 in 1 CARTON	01/01/2010	
4		16 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		
5	NDC:54973-3093-8	1 in 1 CARTON	01/01/2010	
5		16 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		01/01/2010	

Labeler - Hyland's Inc. (008316655)

Establishment

Name	Address	ID/FEI	Business Operations
Hyland's Inc.		008316655	manufacture(54973-3093) , pack(54973-3093) , label(54973-3093)

Revised: 4/2024

Hyland's Inc.