

Muscle cramps – in the legs, feet, hands, and everywhere else – are often caused by a severe magnesium deficiency. This can occur due to insufficient magnesium intake, poor digestive absorption and/or excessive excretion due to stress and sweating. **Cramp Defense**® is designed to fix magnesium deficiency fast (and maintain healthy levels over time) *without* laxative side-effects (when used as directed). How? It contains **Truemag**®, a *fully-reacted* magnesium malate complex. This form of magnesium is found naturally in fruit and vegetables, making it ideal for your body to absorb and assimilate.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**For Best Results:** Since magnesium is constantly lost, take **Cramp Defense**® every day to build up and maintain an optimal magnesium supply. **Take the fewest capsules that achieves results** (1 to 6 capsules per day for most people, up to 9). Take with food and drink to maximize absorption. Divide your intake between morning and nighttime. Allow up to 2 weeks for your magnesium levels to be restored.

# CRAMP DEFENSE®

High Absorption

Fast Acting

180 CAPSULES  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 180

Amount Per Serving	% Daily Value
Magnesium	70 mg 17%
Fully-reacted magnesium malate complex (Truemag®)	

\*Daily Value not established.

### Other Ingredients:

gelatin (capsule), L-leucine, magnesium stearate

Produced for and distributed by  
**MgBright LLC, Houston, TX 77018**  
support@crampdefense.com  
www.crampdefense.com

This product contains no salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.



Store in a cool dry place.  
**PLEASE RECYCLE.**



Truemag® and Cramp Defense® are registered trademarks of MgBright LLC.

RIGHT SIDE OFF THE ROLL FIRST ►

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Client / **MG BRIGHT LLC**

APPROVED BY:

Part / **CD180AMAZ**

Please review this PROOF carefully for correct inks, copy position, spelling, graphics, size and shape. This PROOF shows approximate color only; consult the Pantone® Matching System for color matching.

Job / 220762

Brand / Cramp Defense

Unwind /  
Finished /

3 THIS WAY

Date / 4/19/19

Description / Cramp Defense 180ct AMAZON

CSR/ Jessica F.

Size / 3.0" x 8.375" / 0.125" corner radius

Art / dh

Stock / White Semi Gloss

Notes / Clear Overlam

■ / Process Cyan ■ / Process Black ■ / PMS 2291 Green  
■ / Solid Cyan ■ / Solid Black