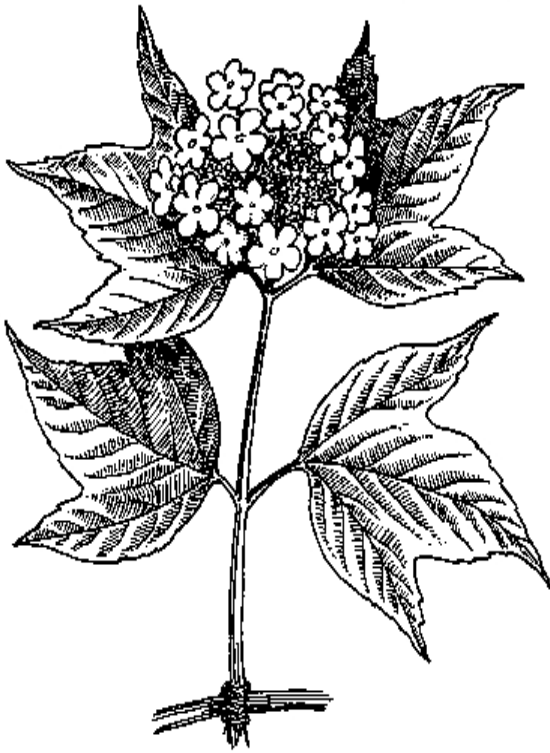


Cramp Bark

Viburnum opulus



CRAMP BARK, TRUE

Botanical Name: *Viburnum opulus*

Common Name: water elder, cramp bark, snowball tree and European cranberrybush

Medicinal part: Bark

Description: *V. opulus* is a deciduous shrub growing to 4–5 m (13–16 ft) tall. The leaves are opposite, three-lobed, 5–10 cm (2–4 in) long and broad, with a rounded base and coarsely serrated margins; they are superficially similar to the leaves of some maples, most easily distinguished by their somewhat wrinkled surface with impressed leaf venation. The leaf buds are green, with valvate bud scales.



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