

VITANICA® ~ NAUSEA EASE™



Research on key nutrients and knowledge of traditional herbs combine in this thoughtful formula for morning sickness and general intestinal nausea. Safe for short term use while pregnant.

Featured Ingredients:

- **Vitamin B6** has shown in research to promote relief from morning sickness, although best used in combination with other ingredients
- **Vitamin K** and **Vitamin C** used together have shown excellent support for relief of nausea
- **Ginger** has a long tradition of supporting the entire digestive system, and especially in promoting relief from morning sickness. It also has an excellent safety profile and is safe for use during pregnancy
- **Peppermint** and **Lemon balm** are traditionally used gentle herbs supportive for the stomach

Supplement Facts

Serving Size 1 Capsule
60 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	250 mg	277
Vitamin K-1 (as phylloquinone)	25 mcg	21
Vitamin B6 (as pyridoxal-5-phosphate)	38 mg	2235
Ginger (Zingiber officinale) root	400 mg	†
Ginger (Zingiber officinale) root extract	50 mg	†
Peppermint (Mentha piperita) leaf	25 mg	†
Lemon balm (Melissa officinalis) leaf	25 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water).

Indications: Supports the relief of general nausea and morning sickness with science based nutrients and historically used herbs.

Suggested Use: 1 capsule, up to twice daily. Safe during pregnancy for short term use.

Size ~ 60 caps; UPC code ~ 7-08118-02170-1

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Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.