

VITANICA® ~ ST. JOHN'S WORT



One of the most researched herbs in support of a positive mood, our St. John's wort capsules contain both the studied, standardized extract as well as the whole flower tops.

Featured Ingredients:

- **St. John's wort** boasts positive research support in dozens of placebo controlled trials, studying its support towards a positive mood
- The most common researched dose is what we honor in each one of our capsules: 300 mg of SJW extract, standardized to 0.3% hypericin; we also included the time-honored preparation of the whole flowering tops, adding synergy to this blend of science and tradition
- Research also indicates SJW is overall supportive for women during their premenstrual time, as well as during menopause
- SJW also indicates through research, its immune supportive activity

Indications: Promotes and supports overall positive mood, and may be particularly useful for women in their menstrual cycles as well as during menopause.

Suggested Use: 1 capsule, up to three times daily.

Supplement Facts

Serving Size 1 Capsule, 90 servings per container

Amount per Serving	% Daily Value
St. John's wort aeriels extract (.3% hypericin) ~ Hypericum perforatum	300 mg †
St. John's wort aeriels ~ Hypericum perforatum	100 mg †

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water), l-leucine.

St. John's Wort is suitable for vegetarians and vegans.

Size ~ 90 caps; UPC code ~ 7-08118-02080-3

Contact ~ 800.572.4712; email ~ info@vitanica.com



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.