

# VITANICA® ~ HRT COMPANION™



This is a companion product for women who are currently taking hormone replacement therapy, either natural or conventional. It supports the body naturally while using these therapies.

## Featured Ingredients:

- Promotes favorable estrogen metabolism with **Flax seeds** high in lignans and with **DIM (Diindolylmethane)**, from indole-3-carbonole in cruciferous vegetables
- **Soy isoflavones** offer positive support benefits from the natural phytoestrogens for healthy breast, heart, bone and brain tissues
- **Garlic, Vitamin E, and Vitamin C** promote cardiovascular health, as does the combination of **Vitamin B6, Vitamin B12** and **Methylated Folic acid (L-5-MTHF)**, supporting healthy levels of homocysteine in the body
- **Phosphatidylserine** is a phospholipid supportive of brain and cognition
- **Milk Thistle** is one of the most well-known and used liver support herbs

**Indications:** For women who need to use hormone replacement therapy, HRT Companion supports the body with select nutrients and botanicals.

**Suggested Use:** 2 capsules per day

Size ~ 60 caps; UPC code ~ 7-08118-02296-8

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)

## Supplement Facts

Serving Size 2 Capsules, 30 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate)	200 mg	333
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1250
Folate (as L-5-MTHF, calcium salt)	800 mcg	200
Vitamin B12 (methylcobalamin)	500 mcg	8323
DIM (Diindolylmethane)	50 mg	†
Phosphatidylserine	50 mg	†
Garlic extract ~ Allium sativum	250 mg	†
Flaxseed extract ~ Linum usitatissimum	150 mg	†
Green tea extract ~ Camelia sinensis	100 mg	†
Milk thistle seed extract ~ Silybum marianum	80 mg	†
Soy protein extract ~ Glycine max	50 mg	†

† Daily Value not established

Other ingredients: Vegetarian Capsule (HPMC, water)  
Contains soy protein extract.

**HRT Companion™ is suitable for vegetarians and vegans.**

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.