

VITANICA® ~ PMS TONIC™

Tasty Tonics® are concentrated liquid herbal formulas designed with therapeutic doses and blended with natural flavors & essential oils to taste great and encourage compliance for daily use. PMS Tonic™ promotes relief from common PMS symptoms and may be taken all month long. Packaged in beautiful green glass!



Featured Ingredients:

- **Chaste tree berry** and **St. John's wort** are well-indicated in research to promote relief of PMS symptoms
- **Passionflower** is a nervine botanical, used to promote relaxation
- **Dong quai root** and **Wild yam root** are traditional botanicals used as endocrine system tonics, supporting hormone balance
- **Dandelion leaf**, a natural herbal diuretic, promotes relief from water retention
- **Natural vanilla** and **hazelnut flavors** encourage daily use of this tonic all month long

Indications: Common premenstrual symptoms, including mood changes, hormonal irritability, low mood, hormonal tension, breast tenderness, water retention and more.

Suggested Use: Shake well before using. Adults: 1 teaspoon (approx. 3 droppers), daily; may be taken month-long. Dilute in 2-3 ounces of warm or cool water, or to taste as a delightful tea. May also be taken undiluted.

Size ~ 4 ounces; UPC code ~ 7-08118-02023-0

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 4.92 ml/One Teaspoon, 24 Servings per Container

Amount per Serving		% Daily Value
Calories	15	
Total Carbohydrates	3 g	1%**
Fresh St. John's wort flowering herb ~ Hypericum perforatum	300 mg	†
Chaste tree berry ~ Vitex agnus-castus	200 mg	†
Passionflower herb ~ Passiflora incarnata	150 mg	†
Dandelion leaf ~ Taraxacum officinale	100 mg	†
Dong quai root ~ Angelica sinensis	100 mg	†
Wild yam root ~ Dioscorea villosa	100 mg	†

† Daily Value not established

**Percent Daily Values based on a 2,000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, vanilla and hazelnut natural flavors.



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.