

VITANICA® ~ PHYTOESTROGEN HERBAL™



This progressive powdered formula offers a phytoestrogen-rich blend of botanicals and non-GMO soy isoflavones and flax seed lignans; women in all stages of menopause may benefit from a high dietary intake of phytoestrogens.

Featured Ingredients:

- **Soy isoflavones** are the richest source of phytoestrogens, supplying the isoflavones genistein and daidzein
- **Flax seeds** are the best source of lignans, also a phytoestrogen and they constitute an important fiber
- **Alfalfa** and **Red clover** are traditional medicinal herbs for menopause, also containing phytoestrogens
- **Black cohosh**, although it does not itself contain any phytoestrogens, is clinically effective in promoting relief of many menopause symptoms, including hot flashes, vaginal dryness, mood changes and more

Indications: Supports the many health-promoting benefits of a high daily intake of phytoestrogens, including bone, heart, and breast health, and more.

Suggested Use: 1 scoop stirred well into water or juice, once or twice daily, followed by a glass of water. Do not take in dry form.

Size ~ 8 oz.; UPC code ~ 7-08118-02110-7

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 1 Scoop (approx. 9.1g)
Servings Per Container (approx. 25)

Amount per Scoop		% Daily Value	
Calories	40		
Calories from Fat	10		
Total Fat	1 g	1%**	
Potassium	120 mg	3%	
Total Carbohydrates	3 g	1%**	
Fiber	3 g	12%	
Soluble Fiber	1 g		
Insoluble Fiber	2 g		
Protein	3 g	6%**	
Calcium	33 mg	3%	Iron 1.4 mg 8%
Phosphorous	80 mg	8%	Magnesium 50 mg 12%
Zinc	.8 mg	7%	Copper .2 mg 10%
Flax (Linum usitatissimum) seeds (188 mg lignans/serving)	7.5 g	†	
Soy germ (Glycine max) bean (Non-GMO-protein, isoflavones 3%, 42 mg isoflavones/serving)	1.4 g	†	
Black cohosh (Cimicifuga racemosa) root	40 mg	†	
Alfalfa (Medicago sativa) leaf	30 mg	†	
Red Clover (Trifolium pratense) leaf & blossom	30 mg	†	

† Daily Value not established ** Percent Daily Values based on a 2000 calorie diet

Keep in a cool, dry place out of the reach of children.



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.