

VITANICA® ~ SLEEP 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. Sleep Tonic™ supports the natural sleep and relaxation process. Packaged in beautiful green glass!

Featured Ingredients:

- **Valerian root** is one of the most well-researched herbs promoting sleep and relaxation
- **Lemon balm**, a.k.a. Melissa, is a traditional herb used to support sleep naturally. It is also well known as a nerve tonic
- **Passion flower** is also a well-known calming herb, supportive of the sleep and relaxation process
- A subtle but natural raspberry flavor makes this formula fun to take before bedtime, encouraging good sleep hygiene

Indications: Naturally calming and supportive of the sleep process, this formula takes advantage of research indicating blends of botanicals to support sleep are better than any single herb by itself. An easy addition to good sleep hygiene, making bedtime fun!

Suggested Use: 1 teaspoon daily (3 droppers), or when needed, 30 minutes before bedtime. Dilute in 2-3 ounces of warm or cool water, or to taste as a pleasant herbal tea. May also be taken undiluted, directly in the mouth. May be taken with Vitanica's Sleep Blend™ for a thorough night's sleep.

Size ~ 4 ounces; UPC code ~ 7-08118-02048-3

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 Valerian root ~ Valeriana officinalis	600 mg	†
Lemon balm herb ~ Melissa officinalis	300 mg	†
Passion flower herb ~ Passiflora incarnata	300 mg	†
Stevia leaf extract ~ Stevia rebaudiana	5 mg	†

† Daily Value not established

**Percent Daily Values based on 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, raspberry and mixed berry 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.