



VITANICA® ~ SLOW FLOW™

Normal healthy menstrual flow is important for all menstruating women. This formula utilizes time honored herbs and research based ingredients to promote normal menstrual flow.

Featured Ingredients:

- **Vitamin A, Vitamin C and Bioflavonoids** have shown in research to support normal healthy menstrual flow
- **Vitamin K** promotes clotting and in this way can support healthy menses
- Traditional herbs in support of a normal menstrual flow include **Yarrow flower, Cranesbill root and Shepherd's purse herb**
- **Ginger** is also an important and well-rounded tonic herb supportive for healthy menstrual flow and uterine tone

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 20

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	1,500 mcg	167
Vitamin C (as calcium ascorbate, buffered)	500 mg	555
Vitamin K1 (as phytonadione)	150 mcg	125
Calcium (as calcium ascorbate)	57 mg	4
Bioflavonoids (from citrus)	500 mg	†
Ginger (<i>Zingiber officinale</i>) rhizome	375 mg	†
Yarrow (<i>Achillea millefolium</i>) aerial parts	300 mg	†
Shepherd's purse (<i>Capsella bursa-pastoris</i>) aerial parts	350 mg	†
Cranesbill (<i>Geranium maculatum</i>) root	200 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water).

Indications: Promotes healthy and normal menstrual flow with the use of astringent herbs that support tone in the uterus. Research also indicates certain nutrients to maintain a healthy menses.

Suggested Use: For short-term management, 3 capsules as needed, every 3-4 hours, during menses; 1 capsule daily may be taken long-term.

Size ~ 60 caps; UPC code ~ 7-08118-02130-5

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.