

VITANICA® ~ WOMEN'S PHASE I™



Nutritional and botanical research, including over a decade of Dr. Hudson's clinical experience, shaped this thoughtful and effective premenstrual support formula.

Featured Ingredients:

- **Vitamin E, Vitamin B6, Magnesium and Calcium** are all nutrients indicated in related research, to support premenstrual symptom relief
- **Chaste tree berry** is one of the most helpful and supportive herbs in balancing the menstrual cycle
- **Ginkgo** and **St. John's wort** have supportive research towards the premenstrual cycle; other hormone supportive, traditional herbs include **Dong quai, Wild yam** and **Passionflower**
- **Borage seed oil** is high in GLA (Gamma linolenic acid), a well-researched ingredient with positive menstrual cycle support

Indications: Premenstrual support from all of the well-researched nutrients and herbs studied and observed empirically to promote relief from common PMS as well as overall healthy menstrual cycles throughout.

Suggested Use: 2 capsules daily, ongoing during menstruating years.

Size ~ 60 caps; UPC code ~ 7-08118-02020-9

Size ~ 120 caps; UPC code ~ 7-08118-02021-6

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules
Servings per Container 60

Amount per Serving		% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1471%
Calcium (as carbonate, citrate)	50 mg	4%
Iodine (from kelp)	75 mcg	50%
Magnesium (as citrate, di-magnesium malate)	100 mg	24%
Chromium (as chromium picolinate)	100 mcg	286%
Borage (<i>Borago officinalis</i>) seed oil extract	150 mg	†
Wild yam (<i>Dioscorea villosa</i>) root	100 mg	†
Dandelion (<i>Taraxacum officinale</i>) leaf	100 mg	†
Dong quai (<i>Angelica sinensis</i>) root	100 mg	†
Passionflower (<i>Passiflora incarnata</i>) aerial parts extract (4:1)	100 mg	†
St. John's wort (<i>Hypericum perforatum</i>) aerial parts extract	100 mg	†
Chaste tree (<i>Vitex agnus-castus</i>) berry extract	25 mg	†
Ginkgo (<i>Ginkgo biloba</i>) leaf extract	15 mg	†

† Daily Value not established

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



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.