

VITANICA® ~ DAILY CALM 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. Daily Calm Tonic™ offers a delicious way to support reduced nervous feelings, tension, irritability on a daily level.

Featured Ingredients:

- **Lemon balm** can promote ease of nervous feelings, calm the mind, soothe symptoms of stress, eases tension, support improved sleep, and reduce the impact of stress on cognitive function
- **Kava root** promotes reduced excitatory mental activity and a calm mind, which can further promote improved relaxation and a sense of ease
- **Passion flower** supports feelings of stress reduction; it is a nervine herb and it may promote GABA production in the brain, supporting calm feelings

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 lemon balm herb ~ <i>Melissa officinalis</i>	1000 mg	†	
Kava root ~ <i>Piper methysticum</i>	500 mg	†	
Passionflower herb ~ <i>Passiflora incarnata</i>	200 mg	†	
Stevia leaf extract ~ <i>Stevia rebaudiana</i>	5 mg	†	

† Daily Value not established

** Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, orange and lemon natural flavors, pink grapefruit essential oil.

Indications: Some individuals may feel the need for daily support to ease feelings of nervousness and tension/irritability; may be used during the day or at night before bed.

Suggested Use: Shake well before using. Adults: 1 teaspoon (approx. 3-4 droppers), up to 3 times daily. Dilute in 2-3 ounces of warm or cool water, or to taste as an herbal tea. May also be taken undiluted, directly in the mouth.

Size ~ 4 ounces; UPC code ~ 7-08118-02357-6

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.