

VITANICA® ~ QUICK 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. Quick Calm Tonic™ tastefully promotes quick relief from intense occasional nervous feelings, tension and/or strong emotions.

Featured Ingredients:

- A potent dose of **Kava root** in this formula promotes reduced excitatory mental activity and a calm mind, which can further promote improved relaxation and a calm state of mind and being
- **Valerian root** maintains a calming effect and ease of tension and is among the most researched herbs in support of sleep and relaxation
- **Passion flower** supports feelings of stress reduction; it is a nervine herb and it may promote GABA production in the brain, supporting calm feelings
- **Lavender** is known to promote reduced nervousness and an improved mood

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%** |
| Kava root ~ Piper methysticum | 1000 mg | † |
| Valerian root ~ Valeriana officinalis | 600 mg | † |
| Passionflower herb ~ Passiflora incarnata | 300 mg | † |
| Lavender flower ~ Lavandula officinalis | 50 mg | † |
| Stevia leaf extract ~ Stevia rebaudiana | 5 mg | † |

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

Indications: Promotes quick relief for sudden feelings of nervousness and tension/irritability and intense emotions; may be used during the day and/or at night before bed and combines well with other calming and/or sleep support products.

Suggested Use: Shake well before using. Adults: 1-2 teaspoons as needed (approx. 3-4 droppers); 1 teaspoon 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 ~ 7-08118-02358-3

Contact ~ 800.572.4712; email ~ info@vitanica.com

Other Ingredients: Vegetable glycerin, deionized water, blackberry juice concentrate, vanilla natural flavor.



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.