

VITANICA® ~ CRAMP SOOTHE 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. Cramp Soothe Tonic replaces Cramp Calm Tonic, updating cramp bark with black haw bark, a close relative herb; a botanical formula offering quick support for uterine and smooth muscle tissues during menses or as needed.

Featured Ingredients:

- **Black haw** is a traditional herb relative to cramp bark, offering calming support for the uterus and smooth muscle tissues during menses
- **Valerian root** also offers calming support for the uterus and muscle tissues and is supportive during common menstrual cramps
- **Ginger root** supports and maintains a healthy inflammation response and supports calming of the smooth muscles
- **Garrya herb** is an important traditionally used herb to promote calm muscles; very helpful during menses and other times when needed

Supplement Facts

Serving Size 5 ml/One Teaspoon
Servings per Container 24

Amount per Serving		% Daily Value
Calories	15	
Total Carbohydrates	3 g	1%**
Black haw (<i>Viburnum prunifolium</i>) bark	800 mg	†
Valerian (<i>Valeriana officinalis</i>) root	200 mg	†
Ginger (<i>Zingiber officinale</i>) root	100 mg	†
Fresh Garrya (<i>Garrya spp.</i>) herb	50 mg	†
Stevia (<i>Stevia rebaudiana</i>) leaf extract	5 mg	†

† Daily Value not established

**Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, peppermint essential oil.

Indications: Support for smooth muscle tissues during menses and other times when this calming support is needed for muscles. Refreshing peppermint feels cooling and can be mixed with additional ginger for taste and support.

Suggested Use: Shake well before using. Adults: 1 teaspoon, every 3 hours as needed. Dilute in 2-3 ounces of warm or cool water, or to taste as a tasty herbal tea. May also be taken undiluted.

Size ~ 4 ounces; UPC code ~ 7-08118-02028-5

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.