

VITANICA® ~ MENOPAUSE TONIC™



Tasty Tonics® are concentrated liquid herbal formulas designed with generous doses and blended with natural flavors & essential oils to taste great and encourage compliance for daily use. Menopause Tonic™ is formulated with botanicals to relieve the common symptoms related to menopause, such as hot flashes, irritability and mood changes. The natural maple flavor is a delicious way to support the body.

Featured Ingredients:

- **Maca root**, a.k.a. Peruvian Ginseng, is a traditionally used women's health herb in support of overall vitality and is now a well researched herb supporting relief of several menopause related symptoms
- **Black Cohosh root** has a long history of traditional use in support of menopause relief for women; considered to be one of the most safe herbs for women to use for menopause relief and support
- **St. John's wort** is well known for it's mood support research and traditional use; research now shows us that when combined with black cohosh, the support for menopause relief is more significant

Supplement Facts

Serving Size 4.92 ml/One Teaspoon
Servings per Container 24

Amount per Serving		% Daily Value
Calories	15	
Total Carbohydrates	3 g	1%**
Maca (<i>Lepidium peruvianum</i>) root	1500 mg	†
Fresh St. John's wort (<i>Hypericum perforatum</i>) flowering herb	300 mg	†
Black cohosh (<i>Actaea racemosa</i>) root	250 mg	†

† Daily Value not established

** Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, maple flavor.

Indications: A delicious way to support relief from menopause symptoms. Supports relief from hot flashes, night sweats, mood changes, and irritability.

Suggested Use: Shake well before using. Adults: 1 teaspoon, up to twice daily if 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 ~ 7-08118-02016-2

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.