

VITANICA® ~ PERI/MENO EASE™



Peri/Meno Ease™ contains Ashwagandha root combined with a clinically studied Siberian rhubarb extract shown to support relief of common symptoms of perimenopause and menopause, including hot flashes, night sweats, mood changes, and to promote restful sleep.*

Featured Ingredients:

- **Siberian rhubarb**, also known as Rhapontic rhubarb, shows supportive relief of most perimenopause and menopause symptoms, such as hot flashes, nightsweats, mood changes, and more
- The standardized extract provides optimum bioavailability; a slow-release capsule design allows for better efficacy
- **Ashwagandha root** is well known for adaptogenic support and some research for common menopause related symptoms in addition to promoting more balanced sleep cycles, offering layered resilience support at this important time in women's lives

Supplement Facts

Serving Size 1 Capsule
Servings per Container 30

Amount per Serving		% Daily Value
Ashwagandha (<i>Withania somnifera</i>) root	250 mg	†
Rhapontic rhubarb (<i>Rheum rhaponticum</i>) root extract (54% rhaponticin, 27% desoxyrhaponticin)	4 mg	†

† Daily Value not established

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

Indications: An excellent new option offering a plant based, estrogen-free herbal combination with scientific and clinical efficacy to promote relief of hot flashes/night sweats and can also support relief of changes regarding menopause-related mood, sleep, energy and resilience, and sexual function.*

Suggested Use: One (1) capsule daily, with or without food.

Size ~ 30 capsules; UPC code ~ 7-08118-02017-9

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.