



VITANICA® ~ ADRENAL 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. Adrenal Tonic™ is formulated to support the body's response to stress. The delicious Chai tea natural flavor makes it fun! Packaged in beautiful green glass.

Featured Ingredients:

- **Maca root**, a.k.a. Peruvian Ginseng, is a traditionally used women's health herb in support of overall vitality; also helpful for men
- **Ashwagandha root** is a significant adaptogen, promoting adrenal and immune system balance
- **Rhodiola rosea root** is long-known to support endurance across many of the body's health systems. It is thought to maintain balance of the adrenal glands and support the stress response
- The delicious and natural Chai tea flavor makes this formula easy to take undiluted; also dilutes easily in water, either warm or cold

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%**
Maca root		
~ Lepidium peruvianum	500 mg	†
Ashwagandha root		
~ Withania somnifera	250 mg	†
Rhodiola rosea root extract	100 mg	†
Stevia leaf extract		
~ Stevia rebaudiana	3.4 mg	†

† Daily Value not established

** Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, vanilla natural flavor, essential oils of cinnamon, cardamom, fennel.

Indications: A fun and easy way to support healthy adrenal gland function; supports the initial response to stress and maintain balance and resilience, and with good taste!

Suggested Use: Shake well before using. Adults: 1 teaspoon (approx. 5 droppers), up to twice daily for 2 weeks during times of extra stress. 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 ~ 7-08118-01341-6

Contact ~ 800.572.4712; email ~ info@vitanica.com

Adrenal Tonic™ is suitable for vegetarians and vegans.