

# VITANICA® ~ SLOW FLOW™



Normal healthy menstrual flow is important for all menstruating women. This formula utilizes time honored herbs and research based ingredients to promote normal menstrual flow.

## Featured Ingredients:

❑ **Vitamin A, Vitamin C and Bioflavonoids** have shown in research to support normal healthy menstrual flow

**Vitamin K** promotes clotting and in this way can support healthy menses

Traditional herbs in support of a normal menstrual flow include **Yarrow flower, Periwinkle herb, Cranesbill root and Shepherd's purse herb**

**Ginger** is an important and well-rounded tonic herb supportive for healthy menstrual flow and uterine tone

**Indications:** Promotes healthy and normal menstrual flow with the use of astringent herbs that support tone in the uterus. Research also indicates certain nutrients to maintain a healthy menses.

**Suggested Use:** For short-term management, 3 capsules as needed, every 3-4 hours, during menses; 1 capsule daily may be taken long-term.

Size ~ 60 caps; UPC code ~ 7-08118-01130-6

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)