VITANICA® ~ PHYTOESTROGEN HERBAL™



This progressive powdered formula offers a phytoestrogen-rich blend of botanicals and non-GMO soy isoflavones and flax seed lignans; women in all stages of menopause may benefit from a high dietary intake of phytoestrogens.

Featured Ingredients:

- **Soy isoflavones** are the richest source of phytoestrogens, supplying the isoflavones genistein and daidzein
- **Flax seeds** are the best source of lignans, also a phytoestrogen and they constitute an important fiber
- **Alfalfa** and **Red clover** are traditional medicinal herbs for menopause, also containing phytoestrogens
- **Black cohosh**, although it does not itself contain any phytoestrogens, is clinically effective in promoting relief of many menopause symptoms, including hot flashes, vaginal dryness, mood changes and more

Indications: Supports the many health-promoting benefits of a high daily intake of phytoestrogens, including bone, heart, breast health, and more.

Suggested Use: 1 scoop stirred well into water or juice, once or twice daily, followed by a glass of water. Do not take in dry form.

Supplement Facts

Serving Size 1 Scoop (approx. 9.1g)
Servings per Container (approx. 25)

Amount per Serving					% Daily Value
Calories				35	
Total Carbohydrates				5 g	2%*
Dietary Fiber				2 g	8%
Protein				3 g	6%*
Calcium	1.5 mg	<1%	Iron	0.7 mg	4%
Phosphorous	5 mg	<1%	Magnesium	3 mg	1%
Zinc	0.4 mg	4%	Copper	0.1 mg	11%
Potassium	76 mg	2%			
Flax (*Linum usitatissimum*) seed (36 mg lignans/serving)				7.5 g	†
Soybean (*Glycine max*) germ extract (Non-GMO - protein, isoflavones 3%, 42 mg isoflavones/serving)				1.4 g	†
Black cohosh (*Cimicifuga racemosa*) root and rhizome				40 mg	†
Alfalfa (*Medicago sativa*) leaf				30 mg	†
Red clover (*Trifolium pratense*) flower tops				30 mg	†

† Daily Value not established * Percent Daily Values based on a 2000 calorie diet

Contains Soy.

Size ~ 8 oz.; UPC code ~ 7-08118-01110-8

Contact ~ 800.572.4712; email ~ info@vitanica.com