

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, Cranesbill root and Shepherd's purse herb**
- **Ginger** is an important and well-rounded tonic herb supportive for healthy menstrual flow and uterine tone

Supplement Facts

Serving Size: 3 Capsules
Servings per Container: 20

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	1,500 mcg RAE	167
Vitamin C (as calcium ascorbate, buffered)	500 mg	556
Vitamin K1 (as phytonadione)	150 mcg	125
Calcium (as calcium ascorbate)	57 mg	4
Bioflavonoids (from citrus)	500 mg	†
Ginger (<i>Zingiber officinale</i>) rhizome	375 mg	†
Shepherd's purse (<i>Capsella bursa-pastoris</i>) aerial parts	350 mg	†
Yarrow (<i>Achillea millefolium</i>) aerial parts	300 mg	†
Cranesbill (<i>Geranium maculatum</i>) root	200 mg	†

† Daily Value not established

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

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

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