

# VITANICA® ~ WOMEN'S PHASE I™



Nutritional and botanical research, including over a decade of Dr. Hudson's clinical experience, shaped this thoughtful and effective premenstrual support formula.

## Featured Ingredients:

- **Vitamin E, Vitamin B6, Magnesium and Calcium** are all nutrients indicated in related research, to support premenstrual symptom relief
- **Chaste tree berry** is one of the most helpful and supportive herbs in balancing the menstrual cycle
- **Ginkgo** and **St. John's wort** have supportive research towards the premenstrual cycle; other hormone supportive, traditional herbs include **Dong quai**, **Wild yam** and **Passionflower**
- **Borage seed oil** is high in GLA (Gamma linolenic acid), a well-researched ingredient with positive menstrual cycle support

**Indications:** Premenstrual support from all of the well-researched nutrients and herbs studied and observed empirically to promote relief from common PMS as well as overall healthy menstrual cycles throughout.

**Suggested Use:** 2 capsules daily, ongoing during menstruating years.

Size ~ 60 caps; UPC code ~ 7-08118-01020-0

Size ~ 120 caps; UPC code ~ 7-08118-01021-7

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

## Supplement Facts

Serving Size 2 Capsules  
60 Servings per Container

Amount per Serving		% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893
Vitamin B-6 (as pyridoxal-5-phosphate)	25 mg	1470
Calcium (as carbonate, citrate)	50 mg	4
Magnesium (as citrate, di-magnesium malate)	100 mg	23
Chromium (as picolinate)	100 mcg	286
Borage (Borago officinalis) seed oil extract	150 mg	†
Wild yam (Dioscorea villosa) root	100 mg	†
Dandelion (Taraxacum officinale) leaf	100 mg	†
Dong quai (Angelica sinensis) root	100 mg	†
Passionflower (Passiflora incarnata) flower extract (5:1)	100 mg	†
St. John's wort (Hypericum perforatum) tops	100 mg	†
Chaste tree (Vitex agnus-castus) berry	50 mg	†
Chaste tree (Vitex agnus-castus) berry extract	25 mg	†
Kelp leaf and stem	16.6 mg	†
Ginkgo (Ginkgo biloba) leaf extract	15 mg	†

† Daily Value not established

Other ingredients: Vegan capsules (HPMC, water).

**Women's Phase I™ is suitable for vegetarians and vegans.**