

# VITANICA® ~ MENOPAUSE 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. Menopause Tonic™ is formulated with botanicals to relieve the common symptoms related to menopause, such as hot flashes, irritability and mood changes. The natural maple flavor is a delicious way to support the body.

## Featured Ingredients:

- **Maca root**, a.k.a. Peruvian Ginseng, is a traditionally used women's health herb in support of overall vitality and is now a well researched herb supporting relief of several menopause related symptoms
- **Black Cohosh root** has a long history of traditional use in support of menopause relief for women; considered to be one of the most safe herbs for women to use for menopause relief and support
- **St. John's wort** is well known for it's mood support research and traditional use; research now shows us that when combined with black cohosh, the support for menopause relief is more significant

## Supplement Facts

Serving Size 4.92 ml/One Teaspoon  
Servings per Container 24

Amount per Serving		% Daily Value
Calories		15
Total Carbohydrates	3 g	1%**
Maca ( <i>Lepidium peruvianum</i> ) root	1500 mg	†
Fresh St. John's wort ( <i>Hypericum perforatum</i> ) flowering herb	300 mg	†
Black cohosh ( <i>Actaea racemosa</i> ) root	250 mg	†

† Daily Value not established

\*\* Percent Daily Values based on a 2000 calorie diet

**Indications:** A delicious way to support relief from menopause symptoms. Supports relief from hot flashes, night sweats, mood changes, and irritability.

**Suggested Use:** Shake well before using. Adults: 1 teaspoon, up to twice daily if needed. 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 ~ 7-08118-01016-3

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Other ingredients: Vegetable glycerin, deionized water, maple flavor.