

VITANICA® ~ PERI/MENO EASE™



Peri/Meno Ease™ contains Ashwagandha root combined with a clinically studied Siberian rhubarb extract shown to support relief of common symptoms of perimenopause and menopause, including hot flashes, night sweats, mood changes, and to promote restful sleep.*

Featured Ingredients:

- **Siberian rhubarb**, also known as Rhapontic rhubarb, shows supportive relief of most perimenopause and menopause symptoms, such as hot flashes, nightsweats, mood changes, and more
- The standardized extract provides optimum bioavailability; a slow-release capsule design allows for better efficacy
- **Ashwagandha root** is well known for adaptogenic support and some research for common menopause related symptoms in addition to promoting more balanced sleep cycles, offering layered resilience support at this important time in women's lives

Supplement Facts

Serving Size 1 Capsule
Servings per Container 30

Amount per Serving	% Daily Value
Ashwagandha (<i>Withania somnifera</i>) root	250 mg †
Rhapontic rhubarb (<i>Rheum rhaponticum</i>) root extract (54% rhaponticin, 27% desoxyrhaponticin)	4 mg †
† Daily Value not established	

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

Peri/Meno Ease™ is suitable for vegetarians and vegans.

Indications: An excellent new option offering a plant based, estrogen-free herbal combination with scientific and clinical efficacy to promote relief of hot flashes/night sweats and can also support relief of changes regarding menopause-related mood, sleep, energy and resilience, and sexual function.*

Suggested Use: One (1) capsule daily, with or without food.

Size ~ 30 capsules; UPC code ~ 7-08118-01017-0

Contact ~ 800.572.4712; email ~ info@vitanicapro.com