



Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Slow Flow™ provides herbal and nutritional support to promote healthy menstrual flow.*

Suggested Use: For short-term management, three (3) capsules may be taken twice daily for up to 3 months, or as directed by your healthcare practitioner. One (1) capsule daily may be taken long-term.

WARNING: Slow Flow contains Vitamin K which interferes with the prescription pharmaceuticals Coumadin and Warfarin. Do not take Slow Flow if taking either of these pharmaceuticals, if pregnant or nursing.

This product contains no: preservatives, binders, artificial colorings or flavorings, lactose, salt, wheat, gluten, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.
Keep in a cool, dry place out of reach of children.



Actual Size

VITANICA®



MENSTRUAL FLOW SUPPORT*

FORMULATED BY DR. TORI HUDSON

Dietary Supplement
60 Vegetarian Capsules

VITANICA® 12401 SW Leveton Dr., Tualatin, OR 97062 • www.vitanica.com

Supplement Facts

Serving Size 3 Capsules, 20 Servings per Container

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	5,000 IU	100
Vitamin C (as calcium ascorbate, buffered)	500 mg	833
Vitamin K1 (as phytonadione)	150 mcg	187
Calcium (as ascorbate)	55 mg	6
Bioflavonoids (from citrus)	500 mg	†
Ginger rhizome ~ Zingiber officinale	375 mg	†
Narrow flower aerial parts ~ Achillea millefolium	300 mg	†
Shepherd's purse aerial parts ~ Capsella bursa-pastoris	200 mg	†
Cranesbill root ~ Geranium maculatum	200 mg	†
Life root aerial parts extract (4:1) ~ Senecio aureus	150 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (HPMC, water).

Slow Flow™ is suitable for vegetarians and vegans.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.