

Suggested Use: One level tablespoon mixed and stirred well into water or juice once or twice daily. Followed by a glass of water. Do not take in dry form. May also be used in blended drinks or baked goods.

Refrigerate after opening.

If you are pregnant or nursing a baby, seek the advice of your health care practitioner before using this product.

This product contains no preservatives, binders, artificial colorings or flavorings, sucrose, glucose, starch, lactose, salt, corn, wheat, or milk derivatives.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



PHYTOESTROGEN HERBAL™

Dietary Supplement
VITANICA®

8 oz./227 grams

VITANICA® 100% Purely + Sharwood, C.H. 2011

Supplement Facts

Serving Size 1 tablespoon (9g)

Amount per Tablespoon		% Daily Value*
Calories	39	
Calories from Fat	9.75	
Total Fat	.98 g	1.9%
Sodium	4.17 mg	<1%
Potassium	118 mg	7%
Total Carbohydrates	3 g	1%
Fiber	2.75 g	11%
Soluble Fiber	.91 g	
Insoluble Fiber	1.84 g	
Protein	3.06 g	6%
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Flax seeds (lignans 4.77mg/gm, 35.83 mg. lignans/serving)		
- Linum usitatissimum	7500 mg	†
Soy protein (Non-GMO - isoflavones 3%, 42 mg isoflavones/serving)	1400 mg	†
Black Cohosh root - Cimicifuga racemosa	40 mg	†
Alfalfa leaf - Medicago sativa	30 mg	†
Red Clover leaf & blossom - Trifolium pratense	30 mg	†

† Daily Value not established * Percent Daily Values based on 2000 calorie diet