

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

Women's Phase I™ combines clinical experience with nutritional and botanical research to support a balanced premenstrual time.*

Suggested Use: Two (2) capsules daily. Avoid during pregnancy and nursing. Dong quai and Ginkgo may potentiate anti-coagulant/anti-platelet agents.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, starch, lactose, salt, corn, wheat, gluten, soy, 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.

Lot# 1210137 Exp: 02-2016



Actual Size

VITANICA®



WOMEN'S PHASE I™

PREMENSTRUAL SUPPORT*

FORMULATED BY DR. TORI HUDSON

Dietary Supplement

60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Capsules, 30 Servings per Container

Amount per Serving		% Daily Value
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	666
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	2500
Calcium (as citrate, malate)	50 mg	5
Iodine (from kelp)	75 mcg	50
Magnesium (as citrate, malate)	100 mg	25
Chromium (as picolinate)	100 mcg	83
Borage seed oil extract - Borago officinalis	150 mg	†
Wild yam root - Dioscorea villosa	100 mg	†
Dandelion leaf - Taraxacum officinale	100 mg	†
Dong quai root - Angelica sinensis	100 mg	†
Passionflower extract 5:1 - Passiflora incarnata	100 mg	†
St. John's wort tops - Hypericum perforatum	100 mg	†
Chaste tree berry - Vitex agnus-castus	50 mg	†
Chaste tree berry extract - Vitex agnus-castus	25 mg	†
Ginkgo leaf extract - Ginkgo biloba	15 mg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water).

Women's Phase I™ 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.