



VITANICA® ~ PMS TONIC™

Tasty Tonics® are concentrated liquid herbal formulas designed with therapeutic doses and blended with natural flavors & essential oils to taste great and encourage compliance for daily use. PMS Tonic™ promotes relief from common PMS symptoms and may be taken all month long. Packaged in beautiful green glass.

Featured Ingredients:

- **Chaste tree berry** and **St. John's wort** are well-indicated in research to promote relief of PMS symptoms
- **Passionflower** is a nervine botanical, used to promote relaxation
- **Dong quai root** and **Wild yam root** are traditional botanicals used as endocrine system tonics, supporting hormone balance
- **Dandelion leaf**, a natural herbal diuretic, promotes relief from water retention
- **Natural vanilla** and **hazelnut** flavors encourage daily use of this tonic all month long

Indications: Common premenstrual symptoms, including mood changes, hormonal irritability, low mood, hormonal tension, breast tenderness, water retention and more.

Suggested Use: Shake well before using. Adults: 1 teaspoon (approx. 3 droppers), daily; may be taken month-long. Dilute in 2-3 ounces of warm or cool water, or to taste as a delightful tea. May also be taken undiluted.

Size ~ 4 ounces; UPC code ~ 7-08118-01023-1

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