

VITANICA® ~ RHODIOLA



Rhodiola is an adaptogenic herb with a broad range of action, promoting mental and physical stamina, hormonal harmony, and immune support, especially in times of stress.

Featured Ingredients:

- Traditionally Rhodiola has been used for centuries in Eastern Europe, Scandinavia and Asia as folk medicine to promote physical endurance, productivity and adaptogenic support to high altitudes
- Research has identified adaptogenic compounds in the roots, the most important ones being the rosavins - rosavin, rosin and rosarin - specific to the species **Rhodiola rosea**
- Positive support for several different neurotransmitters in the brain promote mental acuity and memory, as well as supporting mood
- Research has indicated the many areas where Rhodiola is supportive: **Central Nervous System, Cardiovascular System, Endocrine System**

Supplement Facts

Serving Size 1 Capsule
60 Servings per Container

Amount per Serving		% Daily Value
Rhodiola rosea root extract (3% rosavins, 1% salidroside)	200 mg	†
Rhodiola rosea root	85 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), L-leucine.

Indications: Rhodiola has the broadest range of action of any other medicinal herb to date. Its adaptogenic activity supports a variety of bodily systems. We utilize the extract and the whole root.

Suggested Use: 1 capsule, up to two times per day. Best taken on an empty stomach, 30 minutes before breakfast and/or lunch.

Size ~ 60 caps; UPC code ~ 7-08118-02230-2

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.