VITANICA® ~ LUMINOUS®



Luminous is a comprehensive hair, skin and nails support formula. It provides the minerals, and nutrient-rich botanicals supportive for collagen and circulation for healthy, glowing skin and hair.

Featured Ingredients:

- **Vitamin C** is required for collagen production in the body, promoting skin and hair elasticity and strength
- Minerals such as **Selenium, Zinc, Calcium, Magnesium and Silica** promote healthy and resilient hair, skin and nails. Selenium and zinc also offer antioxidant support
- **Biotin** is one of the best well known nutrients for hair and nail support
- **Gotu kola** promotes circulation of nutrients to tissues; **Nettles** is rich in mineral content; **Horsetail** is high in silica; Additional **Silica** is also included
- **Rosemary** is traditionally used for hair health maintenance, and **Oatstraw** is included for its tonic support on the nerves surrounding the hair follicles

Indications: Anyone looking for comprehensive and thoughtful support for better looking hair, skin and nails will find this formula to be surprising in its ability to promote noticeably healthy and more resilient tissues.

Suggested Use: 2 capsules, up to three times per day.

Supplement Facts

Serving Size 2 Capsules,
30 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	125 mg	139%
Vitamin D2 (as ergocalciferol)	1.25 mcg	6%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	222%
Biotin	200 mcg	667%
Calcium (as calcium citrate tetrahydrate, malate, ascorbate)	164 mg	13%
Magnesium (as citrate)	38.5 mg	9%
Magnesium (as dimagnesium malate)	36.5 mg	9%
Zinc (as picolinate)	5 mg	45%
Selenium (as L-selenomethionine)	12 mcg	22%
Horsetail (*Equisetum arvense*) stem and leaf extract (6:1)	125 mg	†
Gotu Kola (*Centella asiatica*) aerial parts extract (4:1)	100 mg	†
Rosemary (*Rosmarinus officinalis*) leaf extract (6% carnosic acid)	90 mg	†
Oatstraw (*Avena sativa*) aerial parts extract (4:1)	90 mg	†
Nettle (*Urtica dioica*) leaf extract (5:1)	50 mg	†
Silica (as amino acid chelate)	500 mcg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), l-leucine.

Luminous® is suitable for vegetarians and vegans.

Size ~ 60 caps; Item code ~ 7-08118-01160-3

Contact ~ 800.572.4712; email ~ info@vitanica.com