



# VITANICA® ~ MINDBLEND™

Based on the most up-to date research in support of healthy mental function and cognition, this formula of nutrients and botanicals reflects Dr. Hudson's thorough and thoughtful research.

## Featured Ingredients:

- Research indicates the positive cellular antioxidant support from **Vitamin C** & **Vitamin E**, especially in the brain
- **Phosphatidylserine** supports brain cell membrane integrity; **Methylated Folic acid** and **Vitamin B12** support phosphatidylserine production; **Choline** is an essential nutrient and promotes brain and nervous system function
- Cellular and circulatory herbal support: **Ginkgo, Ginseng, Gotu kola**
- **Rhodiola** offers central nervous system support and has traditional use and positive research supporting cognition, memory and attention span
- **Bacopa** is a traditionally used Ayurvedic plant used in support of memory and mental cognition. It is thought to have antioxidant support and adaptogenic support for the central nervous system

## Supplement Facts

Serving Size 2 Capsules  
Servings per Container 30

Amount per Serving		% Daily Value
Vitamin A (as natural mixed carotenoids)	1500 mcg RAE	167%
Vitamin C (as calcium ascorbate, buffered)	150 mg	167%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	446%
Folate (as L-5 Methylfolate)	170 mcg DFE	42%
Vitamin B12 (as methylcobalamin)	250 mcg	10416%
Choline	40 mg	7%
Bacopa ( <i>Bacopa monnieri</i> ) herb extract	150 mg	†
Phosphatidylserine	110 mg	†
Lemon balm ( <i>Melissa officinalis</i> ) leaf	100 mg	†
Rhodiola ( <i>Rhodiola rosea</i> ) root extract	100 mg	†
Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract (5:1)	40 mg	†
Ginseng ( <i>Panax ginseng</i> ) root extract	40 mg	†
Gotu kola ( <i>Centella asiatica</i> ) aerial extract (4:1)	40 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), calcium laurate, silica.

**Indications:** Supports mental function, mental clarity and overall cognition by providing nutrients promoting circulation to the brain, healthy brain tissues and overall healthy cellular activity.

**Suggested Use:** 2 capsules, up to twice daily.

Size ~ 60 caps; UPC code ~ 7-08118-01165-8

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