

VITANICA® ~ OC COMPANION™



This is a companion product for women who are using oral contraceptives. It supports the body by maintaining healthy nutrient levels and promotes healthy hormone metabolism and detoxification pathways.

Featured Ingredients:

- Scientific review shows the importance of these six nutrients with OCs: **Vitamin B2, Vitamin B6, Methylated Folate acid (L-5-MTHF), Vitamin B12, Vitamin C & Zinc**
- Other supportive maintenance nutrients: **Vitamin E, Borage seed oil (rich in GLA), Beta carotene and Lactobacillus acidophilus**
- **Dandelion root** offers traditional liver support, important in maintaining healthy amounts of circulating estrogens; **DIM (Diindolylmethane)** promotes favorable hormone metabolism
- **Bromelain** maintains a healthy inflammation response and **Garlic** promotes healthy circulation and supports a healthy heart

Indications: For women who are taking oral contraceptives, this formula supports the body with nutrients and botanicals in support of healthy hormone metabolism and detoxification pathways.

Suggested Use: 2 capsules per day, with food.

Size ~ 60 caps; UPC code ~ 7-08118-01298-3

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules
30 Servings per Container

Amount per Serving		% Daily Value
Pro Vitamin A (as natural mixed carotenoids)	3,000 mcg	RAE 333
Vitamin C (as calcium ascorbate)	500 mg	555
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447
Vitamin B2 (as riboflavin)	25 mg	1923
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1470
Folate (as L-5 Methylfolate)	1.360 mcg	DFE 340
Vitamin B12 (as methylcobalamin)	250 mcg	10417
Zinc (as picolinate)	10 mg	90
Copper (as gluconate)	1 mg	111
Dandelion (<i>Taraxacum officinale</i>) root	100 mg	†
Borage (<i>Borago officinalis</i>) seed oil extract	100 mg	†
DIM (<i>Diindolylmethane</i>)	50 mg	†
Garlic (<i>Allium sativum</i>) extract	50 mg	†
Bromelain	500 GDU	†
L. acidophilus	2 billion cfu+	†
† Daily Value not established		+ at time of manufacture

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