



VITANICA® ~ SKIN ASSIST™

Skin Assist offers focused skin support by promoting healthy and glowing blemish-free skin; promotes balanced hormonal effects on the sebaceous glands & physiological functions of the skin.

Featured Ingredients:

- Critical nutrients for the skin include optimal and easily absorbed forms of **Calcium, Magnesium, Vitamin D, Biotin, Selenium** and **Zinc**, especially for clear skin
- **Hyaluronic acid** and **Vitamin C** are included for collagen and connective tissue support; these can promote skin healing
- Antioxidants support healthy skin healing and **Vitamin E** further supports the additional antioxidants in the formula: **Vitamin A, Vitamin C, Selenium, Lutein, Lycopene**
- Botanical support: **Burdock root** supports blood purifying and is a traditionally used herb for skin support; **Horsetail** is rich in minerals, especially silica, an important nutrient for nails and hair; **Oatstraw**, an herbal nerve tonic, promotes relaxed nerves around the hair follicles; **Gotu kola** supports circulation and the maintenance of blood vessels; **Saw palmetto** and **Nettles root** promote hormone balancing effects on the glands

Indications: Promotes optimal skin function utilizing herbs and key nutrients in support of collagen production and balanced moisture content for clear skin.

Suggested Use: 3 capsules, up to twice daily.

Size ~ 180 caps; Item code ~ 7-08118-01311-9

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	450 mcg RAE	50%
Vitamin C (as calcium ascorbate, buffered)	125 mg	139%
Vitamin D2 (as ergocalciferol)	1.25 mcg (50 IU)	6%
Vitamin E (as d-alpha tocopheryl succinate)	33 mg	220%
Vitamin B6 (as pyridoxine HCL)	25 mg	1470%
Biotin	200 mcg	666%
Pantothenic acid (as Vit. B5, d-cal pantothenate)	250 mg	5000%
Calcium (as citrate-malate, 124 mg, pantothenate 23 mg & as calcium ascorbate 13 mg)	160 mg	12%
Magnesium (as citrate, malate)	75 mg	13%
Zinc (as picolinate)	15 mg	136%
Selenium (as selenomethionine)	15 mcg	27%
Copper (as aspartate)	1 mg	111%
Horsetail (<i>Equisetum arvense</i>) aerial parts	125 mg	†
Gotu kola (<i>Centella asiatica</i>) aerial parts	100 mg	†
Oatstraw (<i>Avena sativa</i>) aerial parts	100 mg	†
Rosemary (<i>Rosmarinus officinalis</i>) leaf	100 mg	†
Burdock (<i>Arctium lappa</i>) root	75 mg	†
Saw palmetto (<i>Serenoa repens</i>) berries	75 mg	†
Nettle (<i>Urtica dioica</i>) root	50 mg	†
Hyaluronic Acid	50 mg	†
Lycopene	2.5 mg	†
Lutein	2.5 mg	†
Silica (as AAC)	0.5 mg	†

† Daily Value not established
 Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine. **Skin Assist™ is suitable for vegetarians and vegans.**