

# VITANICA® ~ OVULATION ASSIST™



Ovulation Assist™ offers adaptogenic botanicals in support of healthy and normal ovulation by supporting the hypothalamic-pituitary-ovarian-adrenal axis.

## Featured Ingredients:

- **Shatavari** is an Ayurvedic herb traditionally used as a female health tonic; it offers antioxidant and hormone balancing support with stress management benefits and is calming for the uterus
- **Tribulus** promotes healthy testosterone production and therefore healthy ovarian reserves; supports normal ovulation function
- **Chaste tree berry** promotes optimal hormone balance, normal ovulation and good communication between the brain and ovaries
- **Rhodiola rosea** promotes normal and healthy ovulation as well as optimal adrenal function and supports wellbeing under stress
- **Holy basil leaf** supports healthy and optimal blood sugar and inflammatory balance, both are components of healthy ovulation; traditionally used to support overall calm and healthy stress resistance

## Supplement Facts

Serving Size 2 Capsules  
30 Servings per Container

Amount per Serving		% Daily Value
Shatavari ( <i>Asparagus racemosus</i> ) root extract	500 mg	†
Tribulus ( <i>Tribulus terrestris</i> ) fruit	400 mg	†
Chaste tree ( <i>Vitex agnus-castus</i> ) berry	220 mg	†
Rhodiola ( <i>Rhodiola rosea</i> ) root	100 mg	†
Holy basil ( <i>Ocimum sanctum</i> ) leaf	100 mg	†

† Daily Value not established

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

**Indications:** Normal ovulation is a function of a healthy and balanced body and supports fertile menstrual cycles; this adaptogenic botanical formula supports the body's natural processes.

**Suggested Use:** Two (2) capsules per day, with or without food.

Size ~ 60 capsules; UPC code ~ 7-08118-02239-5

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)