

VITANICA® ~ LACTATION BLEND™



One of the most complete, natural breastfeeding support formulas featuring time honored herbs and researched ingredients.

Featured Ingredients:

- Every single ingredient in Lactation Blend lends supportive function towards increasing or enhancing milk flow, as well as secondary and tertiary supportive functions for the mother and/or nursing infant
- Digestion support for both mother and baby comes from **Fennel** and **Milk thistle**; Milk thistle also supports the liver for mother and baby
- Enrichment of the milk with nutrient dense **Nettles** and **Raspberry**
- Calming support for both mother and baby from **Hops** and **Oatstraw**
- Time honored herbs supporting lactation: **Fenugreek**, **Vervain**
- **Chaste Tree Berry** promotes prolonged milk production, especially after the first two weeks of supplementation

Supplement Facts

Serving Size 2 Capsules
30 Servings per Container

Amount per Serving	% Daily Value
Fennel (<i>Foeniculum vulgare</i>) seed	200mg †
Chaste tree (<i>Vitex agnus-castus</i>) berry	150mg †
Nettle (<i>Urtica dioica</i>) leaf	140mg †
Blessed thistle (<i>Cnicus benedictus</i>) leaf and stem	140mg †
Vervain (<i>Verbena spp.</i>) aerial parts	140mg †
Fenugreek (<i>Trigonella foenum-graecum</i>) seed extract (5:1)	100mg †
Hops (<i>Humulus lupulus</i>) flower	90mg †
Oatstraw (<i>Avena sativa</i>) aerial parts	90mg †
Red raspberry (<i>Rubus idaeus</i>) leaf	80mg †
Borage (<i>Borago officinalis</i>) seed oil	70mg †
Milk thistle (<i>Silybum marianum</i>) seed extract	40mg †

† Daily Value not established

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

Indications: Promotes increased and enriched milk flow with supportive botanicals. This formula features herbs with centuries of experience from midwives as well as modern clinical research results.

Suggested Use: 1 capsule, up to twice daily, or as directed by your healthcare practitioner.

Size ~ 60 caps; UPC code ~ 7-08118-02190-9

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.