



# VITANICA® ~ LUMINOUS®

Luminous is a comprehensive hair, skin and nails support formula. It provides the minerals, and nutrient-rich botanicals supportive for collagen and circulation for healthy, glowing skin and hair.

## Featured Ingredients:

- **Vitamin C** is required for collagen production in the body, promoting skin and hair elasticity and strength
- Minerals such as **Selenium, Zinc, Calcium, Magnesium,** and **Silica** promote healthy and resilient hair, skin and nails. Selenium and zinc also offer antioxidant support
- **Biotin** is one of the best well known nutrients for hair and nail support
- **Gotu kola** promotes circulation of nutrients to tissues; **Nettles** is rich in mineral content; **Horsetail** is high in silica; Additional **Silica** is also included
- **Rosemary** is traditionally used for hair health maintenance, and **Oatstraw** is included for its tonic support on the nerves surrounding the hair follicles

**Indications:** Anyone looking for comprehensive and thoughtful support for better looking hair, skin and nails will find this formula to be surprising in its ability to promote noticeably healthy and more resilient tissues.

**Suggested Use:** 2 capsules, up to three times per day.

Size ~ 60 caps; Item code ~ 7-08118-02160-2

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

## Supplement Facts

Serving Size 2 Capsules,  
30 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate, buffered)	125 mg	139%
Vitamin D2 (as ergocalciferol)	1.25 mcg	6%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	222%
Biotin	200 mcg	667%
Calcium (as calcium citrate tetrahydrate, malate, ascorbate)	164 mg	13%
Magnesium (as citrate)	38.5 mg	9%
Magnesium (as dimagnesium malate)	36.5 mg	9%
Zinc (as picolinate)	5 mg	45%
Selenium (as L-selenomethionine)	12 mcg	22%
Horsetail ( <i>Equisetum arvense</i> ) stem and leaf extract (6:1)	125 mg	†
Gotu Kola ( <i>Centella asiatica</i> ) aerial parts extract (4:1)	100 mg	†
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf extract (6% camosic acid)	90 mg	†
Oatstraw ( <i>Avena sativa</i> ) aerial parts extract (4:1)	90 mg	†
Nettle ( <i>Urtica dioica</i> ) leaf extract (5:1)	50 mg	†
Silica (as amino acid chelate)	500 mcg	†

† Daily Value not established

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



## **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.