



VITANICA® ~ MINDBLEND™

Based on the most up-to date research in support of healthy mental function and cognition, this formula of nutrients and botanicals reflects Dr. Hudson's thorough and thoughtful research.

Featured Ingredients:

- Research indicates the positive cellular antioxidant support from **Vitamin C** & **Vitamin E**, especially in the brain
- **Phosphatidylserine** supports brain cell membrane integrity; **Methylated Folic acid** and **Vitamin B12** support phosphatidylserine production; **Choline** is an essential nutrient and promotes brain and nervous system function
- Cellular and circulatory herbal support: **Ginkgo biloba**, **Ginseng root** and **Gotu kola herb**
- **Rhodiola** offers central nervous system support and has traditional use and positive research supporting cognition, memory and attention span
- **Bacopa** is a traditionally used Ayurvedic plant used in support of memory and mental cognition. It is thought to have antioxidant support and adaptogenic support for the central nervous system

Indications: Supports mental function, mental clarity and overall cognition by providing nutrients promoting circulation to the brain, healthy brain tissues and overall healthy cellular activity.

Suggested Use: 2 capsules, up to twice daily.

Size ~ 60 caps; UPC code ~ 7-08118-02165-7

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules
Servings per Container 30

Amount per Serving		% Daily Value
Vitamin A (as natural mixed carotenoids)	1500 mcg	167%
Vitamin C (as calcium ascorbate, buffered)	150 mg	167%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	446%
Folate (as L-5 Methylfolate)	170 mcg DFE	42%
Vitamin B12 (as methylcobalamin)	250 mcg	10416%
Choline	40 mg	7%
Bacopa (Bacopa monnieri) herb extract	150 mg	†
Phosphatidylserine	110 mg	†
Lemon balm (Melissa officinalis) leaf	100 mg	†
Rhodiola (Rhodiola rosea) root extract	100 mg	†
Ginkgo (Ginkgo biloba) leaf extract (4:1)	40 mg	†
Ginseng (Panax ginseng) root extract	40 mg	†
Gotu kola (Centella asiatica) herb extract (4:1)	40 mg	†

† Daily Value not established

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



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.