

# VITANICA® ~ OC COMPANION™



This is a companion product for women who are using oral contraceptives. It supports the body by maintaining healthy nutrient levels and promotes healthy hormone metabolism and detoxification pathways.

## Featured Ingredients:

- Scientific review shows the importance of these six nutrients with OCs: **Vitamin B2, Vitamin B6, Methylated Folate acid (L-5-MTHF), Vitamin B12, Vitamin C & Zinc**
- Other supportive maintenance nutrients: **Vitamin E, Borage seed oil (rich in GLA), Beta carotene and Lactobacillus acidophilus**
- **Dandelion root** offers traditional liver support, important in maintaining healthy amounts of circulating estrogens; **DIM (Diindolylmethane)** promotes favorable hormone metabolism
- **Bromelain** maintains a healthy inflammation response and **Garlic** promotes healthy circulation and supports a healthy heart

**Indications:** For women who are taking oral contraceptives, this formula supports the body with nutrients and botanicals in support of healthy hormone metabolism and detoxification pathways.

**Suggested Use:** 2 capsules per day.

Size ~ 60 caps; UPC code ~ 7-08118-02298-2

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
Pro Vitamin A (as natural mixed carotenoids)	10,000 IU	200
Vitamin C (as calcium ascorbate)	500 mg	832
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin B2 (as riboflavin)	25 mg	1470
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1250
Folate (as L-5 Methylfolate)	800 mcg	200
Vitamin B12 (as methylcobalamin)	250 mcg	4166
Zinc (as picolinate)	10 mg	67
Copper (as gluconate)	1 mg	50
Dandelion ( <i>Taraxacum officinale</i> ) root	100 mg	†
Borage ( <i>Borago officinalis</i> ) seed oil extract	100 mg	†
DIM ( <i>Diindolylmethane</i> )	50 mg	†
Garlic ( <i>Allium sativum</i> ) extract	50 mg	†
Bromelain	500 GDU	†
L. acidophilus	2 billion cfu+	†

† Daily Value not established + at time of manufacture

Other ingredients: Vegetarian capsule (HPMC, water), L-leucine, silica.

OC Companion™ is suitable for vegetarians and vegans.



## **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.