



VITANICA® ~ OPTI-RECOVERY™

Opti-Recovery™ supports a healthy tissue response, promoting a healthy recovery after surgery including dental procedures, trauma, biopsies, etc.

Featured Ingredients:

- **Vitamin C** is one of the most important vitamins supporting skin and connective tissue; it is a building block of collagen
- **Vitamin A** is a prominent antioxidant supporting healthy tissues; we utilize a full complement of carotenoids, called Pro-Vitamin A
- **Zinc, Vitamin D, Vitamin E, and Vitamin K** are key ingredients in maintaining healthy tissues, especially post trauma
- **Bromelain** maintains a healthy inflammation response in the tissues
- **Bioflavonoids** play a role in maintaining a healthy inflammatory response
- **Echinacea** is included for its immune supportive properties, especially important after trauma and/or surgeries

Indications: For people about to undergo surgery, including biopsy and dental surgery - or for people wanting to support tissue healing post-surgery or injury - this formula offers nutritional and botanical ingredients to promote and maintain healthy inflammation and tissue health.

Suggested Use: 3 capsules daily, as needed.

Size ~ 60 caps; UPC code ~ 7-08118-02140-4

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules, 20 Servings per Container

Amount per Serving	% Daily Value	
Pro Vitamin A (as natural mixed carotenoids)	10,000 IU	200
Vitamin C (as calcium ascorbate, buffered)	250 mg	416
Vitamin D-2 (ergocalciferol)	100 IU	25
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin K-1 (phyllquinone)	100 mcg	125
Calcium (carbonate)	150 mg	15
Zinc (as picolinate)	20 mg	133
Bromelain	1,800 GDU	†
Citrus bioflavonoids	100 mg	†
Echinacea (Echinacea angustifolia) root	50 mg	†
Echinacea (Echinacea purpurea) root	50 mg	†

† Daily Value not established

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