

VITANICA® ~ PREGNANCY PREP™



Ideal planning for pregnancy involves promoting regular ovulation and supporting optimal uterine health and tone in preparation for fertilization and pregnancy.

Featured Ingredients:

- Regular ovulation is promoted with **Chaste tree berry** and **Tribulus**. Tribulus has research supporting this function and shows better results for women who took it with the ovulation-stimulating hormonal drug
- Uterine tone and hormonal balance is supported with botanicals: **Motherwort, Dong quai, Maca root** and **Alfalfa**
- **Red raspberry leaf** has centuries of traditional use in supporting the uterus in preparation for pregnancy
- **Rhodiola** is included for general endocrine system support and because research does indicate its support in fertility
- **Enzymes** are included to promote better nutrient uptake

Indications: In preparation for pregnancy women can optimize their fertility by supporting regular ovulation and the overall health and tone of the uterus with time-honored and scientifically researched botanicals.

Suggested Use: 2 capsules, once or twice daily.

Size ~ 60 caps; UPC code ~ 7-08118-02235-7

Size ~ 120 caps; UPC code ~ 7-08118-02236-4

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Tribulus terrestris whole plant extract	750 mg	†
Chaste tree (<i>Vitex agnus-castus</i>) berry extract	240 mg	†
Rhodiola (<i>Rhodiola rosea</i>) root extract	100 mg	†
Maca (<i>Lepidium meyenii</i>) root extract (4:1)	80 mg	†
Dong quai (<i>Angelica sinensis</i>) root extract (4:1)	45 mg	†
Motherwort (<i>Leonurus cardiaca</i>) aerial parts extract (4:1)	45 mg	†
Red raspberry (<i>Rubus idaeus</i>) leaf powder	45 mg	†
Alfalfa (<i>Medicago sativa</i>) aerial parts extract	10 mg	†
Amylase	2000 SKB	†
Protease	7500 HUT	†
Lipase	25 FIP	†
Cellulase	25 CU	†
Lactase	250 ALU	†

† Daily Value not established

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