



VITANICA® ~ SKIN ASSIST™

Skin Assist offers focused skin support by promoting healthy and glowing blemish-free skin; promotes balanced hormonal effects on the sebaceous glands & physiological functions of the skin.

Featured Ingredients:

- Critical nutrients for the skin include optimal and easily absorbed forms of **Calcium, Magnesium, Vitamin D, Biotin, Selenium** and **Zinc**, especially for clear skin
- **Hyaluronic acid** and **Vitamin C** are included for collagen and connective tissue support; these can promote skin healing
- Antioxidants support healthy skin healing and **Vitamin E** further supports the additional antioxidants in the formula: **Vitamin A, Vitamin C, Selenium, Lutein, Lycopene**
- Botanical support: **Burdock root** supports blood purifying and is a traditionally used herb for skin support; **Horsetail** is rich in minerals, especially silica, an important nutrient for nails and hair; **Oatstraw**, an herbal nerve tonic, promotes relaxed nerves around the hair follicles; **Gotu kola** supports circulation and the maintenance of blood vessels; **Saw palmetto** and **Nettles root** promote hormone balancing effects on the glands

Indications: Promotes optimal skin function utilizing herbs and key nutrients in support of collagen production and balanced moisture content for clear skin.

Suggested Use: 3 capsules, up to twice daily.

Size ~ 90 caps; Item code ~ 7-08118-02310-1

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules, 30 Servings per Container

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	450 mcg RAE	50%
Vitamin C (as calcium ascorbate, buffered)	125 mg	555%
Vitamin D2 (as ergocalciferol)	1.25 mcg (50 IU)	6%
Vitamin E (as d-alpha tocopheryl succinate)	33 mg	220%
Vitamin B6 (as pyridoxine HCL)	25 mg	1470%
Biotin	200 mcg	666%
Pantothenic acid (as Vit. B5, d-cal pantothenate)	250 mg	5000%
Calcium (as citrate, malate)	150 mg	15%
Magnesium (as citrate, malate)	75 mg	18%
Zinc (as picolinate)	15 mg	136%
Selenium (as selenomethionine)	15 mcg	27%
Copper (as aspartate)	1 mg	111%
Horsetail (Equisetum arvense) aerial parts	125 mg	†
Gotu kola (Centella asiatica) aerial parts	100 mg	†
Oatstraw (Avena sativa) aerial parts	100 mg	†
Rosemary (Rosmarinus officinalis) leaf	100 mg	†
Burdock (Arctium lappa) root	75 mg	†
Saw palmetto (Serenoa repens) berries	75 mg	†
Nettle (Urtica dioica) root	50 mg	†
Hyaluronic Acid	50 mg	†
Lycopene	2.5 mg	†
Lutein	2.5 mg	†
Silica (as AAC)	.5 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, 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.