

VITANICA® ~ BREAST CYCLE BLEND™



Breast Cycle Blend contains prominent scientifically studied natural substances to promote healthy cyclical breast changes.

Featured Ingredients:

- **Vitamin E** is indicated strongly in research to support healthy cyclic changes in the breasts; **Vitamin A** is also indicated in research to support healthy breasts
- **Gamma linolenic acid (GLA)** - found in high concentrations in **borage oil** - is shown in human studies to promote comfortable cyclic breast changes
- **Iodine**, from kelp in our formula, is a prominent mineral in maintaining healthy breast tissue sensitivity
- **Chaste tree berry** has proved supportive for cyclic breast changes in numerous studies; **Dandelion leaf** is diuretic, supporting a healthy water balance in the body, naturally supporting cyclic breast changes

Supplement Facts

Serving Size 2 Capsules
30 Servings per Container

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	150 mcg RAE	16
Pro Vitamin A (as natural mixed carotenoids)	3,600 mcg RAE	400
Vitamin E (as d-alpha tocopheryl succinate)	265 mg	1767
Iodine (from kelp)	150 mcg	100
Borage (<i>Borago officinalis</i>) seed oil	500 mg	†
Chaste tree (<i>Vitex agnus-castus</i>) berry extract (0.6% aucubin)	115 mg	†
Dandelion (<i>Taraxacum officinale</i>) leaf extract (4:1)	25 mg	†

† Daily Value not established

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

Indications: Supports healthy cyclical changes in the breast tissue with select botanicals and nutrients.

Suggested Use: 2 capsules, twice daily.

Size ~ 60 caps; UPC code ~ 7-08118-02035-3

Contact ~ 800.572.4712; email ~ info@vitanica.com



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.