

# VITANICA® ~ OPTINOSITOL™



Optinositol™ offers both Myo-inositol and D-chiro-inositol in support of normal, healthy ovulation and maintenance of healthy insulin levels.

## Featured Ingredients:

- **Myo-inositol** supports healthy ovulation regulation; maintains healthy levels of total and free testosterone; maintains healthy insulin sensitivity and glucose uptake
- **D-chiro-inositol** maintains healthy total and free testosterone, androstenedione and prolactin; supports healthy ovulation regulation; maintains healthy insulin sensitivity and glucose uptake
- **Myo-inositol** and **D-chiro-inositol** support healthy oocyte quality
- Research indicates these two forms of inositol together are more supportive for maintaining insulin sensitivity than one form alone

## Supplement Facts

Serving Size 1 scoop (approx. 4.2 g),  
Servings per Container (approx. 30)

Amount per scoop		% Daily Value*
Myo-Inositol	4000 mg	†
D-Chiro Inositol	200 mg	†

† Daily Value not established \*Percent Daily Values based on 2000 calorie diet.

**Indications:** Healthy ovulation and insulin levels are two important components in the fertility process. Myo-inositol and d-chiro-inositol support these processes and promote oocyte quality.

**Suggested Use:** One (1) scoop per day. Mix into water or juice and stir well until completely dissolved before drinking. May be taken with or without food.

Size ~ 4.4 ounces; UPC code ~ 7-08118-02240-1

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto: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.