

# VITANICA® ~ OVULATION ASSIST®

Ovulation Assist® offers adaptogenic botanicals in support of healthy and normal ovulation by supporting the hypothalamic-pituitary-ovarian-adrenal axis.

## Featured Ingredients:

- **Shatavari** is an Ayurvedic herb traditionally used as a female health tonic; it offers antioxidant and hormone balancing support with stress management benefits and is calming for the uterus
- **Tribulus** promotes healthy testosterone production and therefore healthy ovarian reserves; supports normal ovulation function
- **Chaste tree berry** promotes optimal hormone balance, normal ovulation and good communication between the brain and ovaries
- **Rhodiola rosea** promotes normal and healthy ovulation as well as optimal adrenal function and supports wellbeing under stress
- **Holy basil leaf** supports healthy and optimal blood sugar and inflammatory balance, both are components of healthy ovulation; traditionally used to support overall calm and healthy stress resistance

**Indications:** Normal ovulation is a function of a healthy and balanced body and supports fertile menstrual cycles; this adaptogenic botanical formula supports the body's natural processes.

**Suggested Use:** Two (2) capsules per day, with or without food.

Size ~ 60 capsules; UPC code ~ 7-08118-02239-5

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



## Supplement Facts

Serving Size 2 Capsules  
30 Servings per Container

Amount per Serving		% Daily Value
Shatavari ( <i>Asparagus racemosus</i> ) root extract	500 mg	†
Tribulus ( <i>Tribulus terrestris</i> ) fruit	400 mg	†
Chaste tree ( <i>Vitex agnus-castus</i> ) berry	220 mg	†
Rhodiola ( <i>Rhodiola rosea</i> ) root	100 mg	†
Holy basil ( <i>Ocimum sanctum</i> ) leaf	100 mg	†
† Daily Value not established		

Other ingredients: Vegan capsule (HPMC, water), calcium laurate, 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.