

VITANICA® ~ UPLIFT™

Uplift is a thoughtful and balanced combination of research supported nutrients and herbs promoting a positive mood.

Featured Ingredients:

- Research has indicated certain nutrients for maintenance of a positive mood: **Vitamin B6, Vitamin B12 & Methylated Folic acid (as L-5-MTHF)**
- **St. John's wort** is one of the best researched herbs in support of a positive mood
- **Ginkgo** promotes blood flow to the brain thereby supporting the individual nutrients and their positive supportive effects on mood
- **Rhodiola** is a wonderful general tonic with historical use supporting emotional well-being and **Lemon balm** has also traditionally been used to promote a positive mood

Indications: Mood support from traditional herbs as well as researched herbs and nutrients in support of a positive mood; this formula may be used for occasional, temporary needs, or ongoing as needed.

Suggested Use: One (1) capsule, up to three times per day.

Size ~ 60 caps; Item code ~ 7-08118-02040-7

Size ~ 120 caps; Item code ~ 7-08118-02041-4

Contact ~ 800.572.4712; email ~ info@vitanica.com



Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1470%
Folate (as L-5 Methylfolate)	500 mcg DFE	125%
Vitamin B12 (as methylcobalamin)	350 mcg	14583%
St. John's wort (<i>Hypericum perforatum</i>) flower extract	200 mg	†
Rhodiola (<i>Rhodiola rosea</i>) root extract	50 mg	†
Ginkgo (<i>Ginkgo biloba</i>) leaf extract	30 mg	†
Lemon balm (<i>Melissa officinalis</i>) leaf extract	25 mg	†

† Daily Value not established

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