

# VITANICA® ~ MATERNAL SYMMETRY™



Our high quality, high potency multivitamin and mineral supplement formulated for pregnancy support – before, during and after childbirth. As always, hypoallergenic and preservative-free.

## Featured Ingredients:

- Includes gentle forms of **Iron**; because iron is important during pregnancy, but it doesn't have to be uncomfortable
- **Pro Vitamin A** is a blend of natural mixed carotenoids yielding a safe source of vitamin A for pregnant women, without retinyl palmitate
- Higher amount of **Folic acid** supports mother and fetus in development; we use the more bioavailable **Methylated folate acid (L-5-MTHF)**
- Botanicals included are safe during pregnancy and have a long tradition of use by midwives and herbalists to support uterine tone, healthy digestion, additional nourishment from mineral rich herbs, and promote calming: **Ginger, Red raspberry leaf, Nettles leaf, Partridge berry, Lemon balm, Oatstraw, and Dandelion root**

**Indications:** A high quality prenatal multi-vitamin mineral offering comprehensive support of key nutritional needs for mother and developing baby before pregnancy, in the planning and preparation stages, during pregnancy, and after while breastfeeding.

**Suggested Use:** 2 capsules with food, three times per day during pregnancy and lactation, or as directed by your physician.

Size ~ 180 caps; UPC code ~ 7-08118-01095-8

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