



VITANICA® ~ VEGAN SYMMETRY™

A daily multivitamin/mineral supplement specifically formulated for the nutritional needs and health factors that are important for people on a vegan diet.

Featured Ingredients:

- Higher amount of **Vitamin D** supporting healthy bones, a healthy immune system and a healthy cardiovascular system
- More **Calcium** and **Magnesium** supporting healthy bone structure and architecture
- Additional protein from **Hemp seeds**, providing a nice little boost of EFAs and amino acids
- As in all our multivitamin formulas: **Methylated Folic acid (L-5-MTHF)**, **Buffered Vitamin C**, **Natural mixed carotenoids**

Supplement Facts		
Serving Size 2 Capsules, 60 Servings per Container		
Amount per Serving		% Daily Value
Pro Vitamin A (as natural mixed carotenoids 2500 IU & retinyl 625 IU)	3125 IU	†
Vitamin C (as calcium ascorbate, buffered)	262 mg	437
Vitamin D2 (as ergocalciferol)	500 IU	125
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	166
Vitamin K (as phyloquinone)	7 mcg	9
Thiamin (as Vitamin B1, thiamin HCl)	25 mg	1666
Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin)	25 mg	1470
Vitamin B3 (as inositol hexaniacinate)	25 mg	125
Vitamin B6 (as pyridoxine HCl)	25 mg	1250
Folate (as L-5-MTHF)	200 mcg	50
Vitamin B12 (as methylcobalamin)	37 mcg	625
Biotin	75 mcg	25
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	25 mg	250
Calcium (as carbonate)	250 mg	25
Iodine (from kelp)	37 mcg	25
Magnesium (as citrate-malate)	125 mg	31
Zinc (as picolinate)	5 mg	33
Selenium (as L-Selenomethionine)	37 mcg	53
Copper (as aspartate)	.75 mg	37
Manganese (as citrate)	2.5 mg	125
Chromium (as picolinate)	25 mcg	20
Potassium (as citrate)	25 mg	†
Hemp protein aerial parts ~ Cannabis sativa	25 mg	†
Boron (as citrate)	.75 mg	†
Silica	125 mcg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water).
Vegan Symmetry™ is suitable for vegetarians and vegans.

Indications: A thorough and thoughtful, balanced multivitamin/mineral complex designed for people on a vegan diet.

Suggested Use: (To be taken with meals.) Age 12 and older; 2 capsules twice daily support a balanced vegan diet; 4 capsules twice daily, when there are more food restrictions, high stress or high athletic performance.

Size ~ 120 caps; UPC code ~ 7-08118-01096-5

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