

VITANICA® ~ WOMEN'S SYMMETRY®



Like all our multiples, this is a hypoallergenic, preservative-free, high potency multivitamin and mineral supplement designed to support the nutritional needs of women in their 20's, 30's and 40's.

Featured Ingredients:

- This is an **Iron-free** multivitamin because not all women need to take iron. Iron can add pro-oxidative stress if it's in excess, so we left it out
- **Bioflavonoids** offer extra connective tissue and uterine tissue support
- We utilize high quality ingredients and premium forms of the nutrients for better tolerability and to promote maximum bioavailability, including **Methylated Folic acid (L-5-MTHF)**
- Unique flexible dose makes it easy to use depending on what level of nutrient support women want or feel they need

Indications: Supports a healthy lifestyle. A thoughtful and thorough blend of vitamins and minerals from a doctor women can trust.

Suggested Use: (To be taken with meals.) Age 12 and older: 1-2 capsules daily complement a balanced diet and lifestyle; 3-4 capsules daily provide well-balanced maintenance and a therapeutic level of supplementation.

Size ~ 90 caps; UPC code ~ 7-08118-01002-6

Size ~ 180 caps; UPC code ~ 7-08118-01001-9

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules

Amount per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	1250 IU	
Pro Vitamin A (as natural mixed carotenoids)	5000 IU	125
Vitamin C (as calcium ascorbate, buffered)	500 mg	833
Vitamin D2 (as ergocalciferol)	200 IU	50
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	666
Vitamin K (as phyloquinone)	15 mcg	18
Thiamin (as Vitamin B1, thiamin HCl)	50 mg	3333
Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin)	25 mg	1470
Vitamin B6 (as pyridoxine HCl)	50 mg	2500
Folate (as L-5 Methylfolate)	500 mcg	125
Vitamin B12 (as methylcobalamin)	75 mcg	1250
Biotin	150 mcg	50
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	50 mg	500
Vitamin B3 (as inositol hexaniacinate)	50 mg	250
Calcium (as citrate-malate, 210 mg & as calcium ascorbate 61 mg)	271 mg	27
Iodine (from kelp)	75 mcg	50
Magnesium (as citrate-malate)	100 mg	25
Zinc (as picolinate)	10 mg	66
Selenium (as L-Selenomethionine)	75 mcg	107
Copper (as aspartate)	1.5 mg	75
Manganese (as citrate)	5 mg	250
Chromium (as polynicotinate)	50 mcg	41
Potassium (as citrate)	50 mg	1
Bioflavonoids (from citrus)	200 mg	†
Rosehips ~ Rosa L spp. (fruit)	25 mg	†
Rutin	5 mg	†
Hesperidin	5 mg	†
Boron (as citrate)	1.5 mg	†
Silica	250 mcg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (HPMC, water), magnesium stearate.

Women's Symmetry® is suitable for vegetarians and vegans.