



VITANICA® ~ MID-LIFE SYMMETRY™

Mid-Life Symmetry is a multivitamin/mineral formulated to meet the nutritional needs of peri and postmenopausal women who are infrequently or no longer menstruating, and who are at an important new hormonal time in life.

Featured Ingredients:

- Higher amount of **Vitamin D** supporting healthy bones, a healthy immune system and a healthy cardiovascular system
- More **Calcium** supporting healthy bone structure and architecture
- Optimal **Methylated Folic acid (L-5-MTHF)** levels promoting healthy brain tissue, and offering bone support and cardiovascular support
- Provides **Natural mixed carotenoids** for a full spectrum of carotenes in their natural mixed forms; no synthetics
- Utilizing **Buffered Vitamin C** because it is easier on the stomach
- **Bioflavonoids** offer antioxidant support to all the tissues, including skin and uterine tissues
- **Curcumin** is included to maintain a healthy inflammation response
- **Green Tea** is added for its antioxidant and cellular support
- **L-Theanine** adds a level of calming support to address the possible stressors accompanying this time of hormonal change

Indications: Developed for women 50-65 years of age, this multivitamin/mineral complex offers a thoughtful blend of nutrients in support of the body during a natural change in a woman's life.

Suggested Use: 3 capsules per day; also see label.

Size ~ 180 caps; Item code ~ 7-08118-01099-6

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving	% Daily Value
Vitamin A (as retinyl palmitate) 375 mcg RAE, with Pro Vitamin A (as natural mixed carotenoids 1531 mcg RAE)	1906 mcg RAE 211
Vitamin C (as calcium ascorbate, buffered)	250 mg 278
Vitamin D2 (as ergocalciferol)	7.5 mcg (300 IU) 37
Vitamin E (as d-alpha tocopheryl succinate)	90 mg 600
Vitamin K1 (as phyloquinone)	15 mcg 12
Thiamin (as Vitamin B1, thiamin HCl)	50 mg 4166
Riboflavin (as Vitamin B2, riboflavin-5-phosphate, riboflavin)	5 mg 385
Niacin (as Vitamin B3, inositol hexaniacinate)	50 mg NE 312
Vitamin B6 (as pyridoxine HCl)	50 mg 2941
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	680 mcg DFE 170
Vitamin B12 (as methylcobalamin)	75 mcg 3125
Biotin	150 mcg 500
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	50 mg 1000
Calcium (as carbonate & ascorbate)	250 mg 19
Iodine (from potassium iodide)	75 mcg 50
Magnesium (as citrate, malate)	125 mg 30
Zinc (as picolinate)	10 mg 91
Selenium (as L-selenomethionine)	75 mcg 136
Copper (as aspartate)	1.5 mg 167
Manganese (as citrate)	5 mg 217
Chromium (as picolinate)	50 mcg 143
Potassium (as citrate)	50 mg †
Bioflavonoids (from citrus)	50 mg †
Curcumin (Curcuma longa) root extract	50 mg †
Green tea (Camellia sinensis) leaf	50 mg †
L-Theanine	15 mg †
Boron (as citrate)	1.5 mg †
Silica	250 mcg †

† Daily Value not established

Other ingredients: Vegan capsule (HPMC and water).