



VITANICA® ~ SENIOR SYMMETRY™

A daily multivitamin/mineral supplement specifically designed to address the nutritional and health needs of the aging population, 65 years and up.

Featured Ingredients:

- We use only **Natural mixed carotenoids** – no synthetic beta carotene
- **Buffered Vitamin C** is gentler on the stomach
- The **citrate/malate forms of calcium** optimize calcium absorption as we age
- Botanical support from: **Rhodiola, Ginkgo** and **Bilberry fruit**
- Additional antioxidant support with: **CoQ10** and **Lutein**
- **Plant based digestive enzymes** are included to promote digestion and absorption of dietary constituents and supplemental nutrients

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Pro Vitamin A (natural mixed carotenoids)	750 mcg RAE	83
Vitamin C (as calcium ascorbate, buffered)	150 mg	167
Vitamin D2 (as ergocalciferol)	10 mcg (400 IU)	50
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447
Thiamin (Vitamin B1) (as thiamine HCl)	50 mg	4167
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	5 mg	385
Niacin (Vitamin B3) (as inositol hexaniacinate)	25 mg NE	156
Vitamin B6 (as pyridoxine HCl)	25 mg	1471
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	680 mcg DFE	170
Vitamin B12 (as methylcobalamin)	400 mcg	16666
Biotin	150 mcg	500
Pantothenic acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	1000
Calcium (as carbonate, citrate & ascorbate)	400 mg	31
Magnesium (as carbonate, citrate)	200 mg	47
Zinc (as zinc picolinate)	10 mg	91
Selenium (as L-selenomethionine)	50 mcg	91
Copper (as copper aspartate)	1 mg	111
Manganese (as manganese citrate)	5 mg	217
Chromium (as chromium picolinate)	100 mcg	286
Potassium (as potassium citrate)	50 mg	<1
Rhodiola (<i>Rhodiola rosea</i>) root extract	25 mg	†
Ginkgo (<i>Ginkgo biloba</i>) leaf extract	25 mg	†
Bilberry (<i>Vaccinium myrtillus</i>) fruit extract	10 mg	†
CoQ10	5 mg	†
Boron (citrate)	1.5 mg	†
Lutein	1 mg	†
Silica (as silica amino acid chelate)	250 mcg	†
Amylase	1000 SKB	†
Protease	5000 HUT	†
Lipase	80 FIP	†
Cellulase	40 CU	†
Lactase	100 LACU	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), L-leucine.

Indications: This complete and thoughtful multiple vitamin/mineral complex addresses the common changes seen in the aging population, such as changes in calcium needs, cognition support, and digestion support. Features premium forms of nutrients and digestive enzymes promoting maximum absorption.

Suggested Use: (To be taken with meals.) Age 65 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; 5-6 capsules daily provide high potency supplementation for high stress or heavy exercise.

Size ~ 180 caps; UPC code ~ 7-08118-01004-0

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