



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**

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

Contact ~ 800.572.4712; email ~ info@vitanica.com