



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 **pea protein**
- 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 750 mcg RAE & retinyl 187 mcg RAE) | 937 mcg RAE | 104 |
| Vitamin C (as calcium ascorbate, buffered) | 262 mg | 291 |
| Vitamin D2 (as ergocalciferol) | 12 mcg (500 IU) | 60 |
| Vitamin E (as d-alpha tocopheryl succinate) | 33.5 mg | 223 |
| Vitamin K (as phyloquinone) | 7 mcg | 6 |
| Thiamin (as Vitamin B1, thiamin HCl) | 25 mg | 2083 |
| Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin) | 25 mg | 1923 |
| Vitamin B3 (as inositol hexaniacinate) | 25 mg | 156 |
| Vitamin B6 (as pyridoxine HCl) | 25 mg | 1471 |
| Folate (as L-5 Methylfolate) | 340 mcg DFE | 85 |
| Vitamin B12 (as methylcobalamin) | 37 mcg | 1541 |
| Biotin | 75 mcg | 250 |
| Pantothenic acid (as Vitamin B5, d-cal pantothenate) | 25 mg | 500 |
| Calcium (as carbonate, ascorbate) | 250 mg | 19 |
| Iodine (from potassium iodide) | 37 mcg | 25 |
| Magnesium (as carbonate, citrate) | 125 mg | 30 |
| Zinc (as picolinate) | 5 mg | 45 |
| Selenium (as L-Selenomethionine) | 37 mcg | 67 |
| Copper (as aspartate) | 0.75 mg | 83 |
| Manganese (as citrate) | 2.5 mg | 109 |
| Chromium (as picolinate) | 25 mcg | 71 |
| Potassium (as citrate) | 25 mg | <1 |
| Pea protein | 25 mg | † |
| Boron (as citrate) | 0.75 mg | † |
| Silica | 125 mcg | † |

† Daily Value not established

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

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