



# 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 ~ 7-08118-01093-4

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto:info@vitanica.com)