



# VITANICA® ~ WOMEN'S SYMMETRY®

Like all our multiples, this is a hypoallergenic, preservative-free, high potency multivitamin and mineral supplement designed to support the nutritional needs of women in their 20's, 30's and 40's.

## Featured Ingredients:

- This is an **Iron-free** multivitamin because not all women need to take iron. Iron can add pro-oxidative stress if it's in excess, so we left it out
- **Bioflavonoids** offer extra connective tissue and uterine tissue support
- We utilize high quality ingredients and premium forms of the nutrients for better tolerability and to promote maximum bioavailability, including **Methylated Folic acid (L-5-MTHF)**
- Unique flexible dose makes it easy to use depending on what level of nutrient support women want or feel they need

**Indications:** Supports a healthy lifestyle. A thoughtful and thorough blend of vitamins and minerals from a doctor women can trust.

**Suggested Use:** (To be taken with meals.) Age 12 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.

Size ~ 90 caps; UPC code ~ 7-08118-01002-6

Size ~ 180 caps; UPC code ~ 7-08118-01001-9

Contact ~ 800.572.4712; email ~ [info@vitanica.com](mailto: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
Pro Vitamin A (as natural mixed carotenoids)	1500 mcg RAE 207
Vitamin C (as calcium ascorbate, buffered)	500 mg 555
Vitamin D2 (as ergocalciferol)	5 mcg (200 IU) 25
Vitamin E (as d-alpha tocopheryl succinate)	134 mg 893
Vitamin K (as phyloquinone)	15 mcg 12
Thiamin (as Vitamin B1, thiamin HCl)	50 mg 4166
Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin)	25 mg 1923
Niacin (as Vitamin B3, inositol hexaniacinate)	50 mg NE 312
Vitamin B6 (as pyridoxine HCl)	50 mg 4411
Folate (as L-5 Methylfolate)	500 mcg DFE 125
Vitamin B12 (as methylcobalamin)	75 mcg 3125
Biotin	150 mcg 500
Pantothenic Acid (as Vitamin B5, d-cal panthenate)	50 mg 1000
Calcium (as carbonate, citrate and ascorbate)	200 mg 15
Iodine (from kelp)	75 mcg 50
Magnesium (as citrate - malate)	100 mg 23
Zinc (as picolinate)	10 mg 90
Selenium (as L-Selenomethionine)	75 mcg 136
Copper (as aspartate)	1.5 mg 166
Manganese (as citrate)	5 mg 217
Chromium (as polynicotinate)	50 mcg 142
Potassium (as citrate)	50 mg 1
Bioflavonoids (from citrus)	25 mg †
Rosehips ( <i>Rosa canina</i> ) fruit	25 mg †
Rutin	5 mg †
Hesperidin	5 mg †
Boron (as citrate)	1.5 mg †
Silica	250 mcg †

† Daily Value not established

Other Ingredients: Vegan capsule (HPMC, water), magnesium stearate.