

# VITANICA® ~ MATERNAL SYMMETRY™



Our high quality, high potency multivitamin and mineral supplement formulated for pregnancy support – before, during and after childbirth. As always, hypoallergenic and preservative-free.

## Featured Ingredients:

- Includes gentle forms of **Iron**; because iron is important during pregnancy, but it doesn't have to be uncomfortable
- **Pro Vitamin A** is a blend of natural mixed carotenoids yielding a safe source of vitamin A for pregnant women, without retinyl palmitate
- Higher amount of **Folic acid** supports mother and fetus in development; we use the more bioavailable **Methylated folate acid (L-5-MTHF)**
- Botanicals included are safe during pregnancy and have a long tradition of use by midwives and herbalists to support uterine tone, healthy digestion, additional nourishment from mineral rich herbs, and promote calming: **Partridge berry, Ginger, Nettles leaf, Lemon balm, Oatstraw, and Dandelion root**

**Indications:** A high quality prenatal multi-vitamin mineral offering comprehensive support of key nutritional needs for mother and developing baby before pregnancy, in the planning and preparation stages, during pregnancy, and after while breastfeeding.

**Suggested Use:** 2 capsules with food, three times per day during pregnancy and lactation, or as directed by your physician.

Size ~ 180 caps; UPC code ~ 7-08118-02095-7

Contact ~ 800.572.4712; email ~ info@vitanica.com

## Supplement Facts

Serving Size 2 Capsules, 90 Servings per Container

Amount per Serving		% Daily Value
Pro Vitamin A (as natural mixed carotenoids)	1020 mcg RAE	78%**
Vitamin C (as calcium ascorbate, buffered)	170 mg	141%**
Vitamin D2 (as ergocalciferol)	3.25 mcg (130 IU)	22%**
Vitamin E (as d-alpha tocopheryl succinate)	87 mg	458%**
Vitamin K (as phyloquinone)	50 mcg	56%**
Thiamin (as Vitamin B1, thiamin HCl)	8 mg	571%**
Riboflavin (as Vitamin B2, riboflavin-5-phosphate)	533 mcg	33%**
Vitamin B3 (as inositol hexaniacinate)	8 mg	44%**
Vitamin B6 (as pyridoxine HCl)	16 mg	800%**
Folate (as (6S) L-5-Methyltetrahydrofolate)	340 mcg DFE	57%**
Vitamin B12 (as methylcobalamin)	34 mcg	1214%**
Biotin	100 mcg	286%**
Pantothenic acid (Vitamin B5, as di-calcium pantothenate)	16 mg	229%**
Calcium (as citrate, di-calcium malate, ascorbate)	170 mg	13%**
Iron (as aspartate, ferrous succinate, ferrous fumarate)	9 mg	33%**
Iodine (from kelp)	50 mcg	17%**
Magnesium (as citrate, di-magnesium malate)	85 mg	21%**
Zinc (as picolinate)	10 mg	77%**
Selenium (as L-selenomethionine)	22 mcg	31%**
Copper (as gluconate)	500 mcg	38%**
Manganese (as citrate)	1700 mcg	65%**
Chromium (as picolinate)	50 mcg	111%**
Ginger ( <i>Zingiber officinale</i> ) root	17 mg	†
Red raspberry ( <i>Rubus idaeus</i> ) leaves	7 mg	†
Nettle ( <i>Urtica dioica</i> ) leaf	7 mg	†
Partridge berry ( <i>Mitchella repens</i> ) herb	7 mg	†
Lemon balm ( <i>Melissa officinalis</i> ) leaf	7 mg	†
Oatstraw ( <i>Avena sativa</i> ) aerial parts	4 mg	†
Dandelion ( <i>Taraxacum officinale</i> ) root	4 mg	†
Boron (as AAC)	1 mg	†

† Daily Value not established  
 \*\* Daily Value for pregnant or lactating women

Other ingredients: Vegan capsule (HPMC, water).



## **Quality Control Statement**

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.