



VITANICA® ~ SPORTS SYMMETRY™

Designed for the active lifestyle to promote performance in any endurance or resistance training activities. Supports recovery, maintenance, and pairs well with additional multivitamin support.

Featured Ingredients:

- **Carnitine, Caffeine, Green tea & CoQ10** are key nutrients and botanical compounds supporting improved aerobic metabolism.
- **Rhodiola** and **Cordyceps** have been shown to promote improved performance tolerance and enhanced recovery.
- Antioxidant support from **Vitamin C, Alpha lipoic acid, and N-Acetyl L-Cysteine (NAC)** supports the removal of free radicals produced by aerobic and anaerobic exercise.
- **Ribose** promotes enhanced muscle recovery & optimized oxygen delivery.
- Additional nutrients are included to replenish those used and/or excreted with intense exercise and energy output.

Indications: Supports regular levels of moderate to intense exercise regimens, such as running, biking, climbing, swimming, weight training, adventure racing, mountaineering, etc.

Suggested Use: 3-6 capsules daily, depending on level of exercise. Take with food prior to exercise. Also suitable for men.

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as ascorbic acid)	500 mg	833
Vitamin D2 (as ergocalciferol)	500 IU	125
Thiamin (as Vitamin B1, thiamine mononitrate)	25 mg	1667
Riboflavin (as Vitamin B2)	5 mg	294
Vitamin B6 (as pyridoxine HCl)	25 mg	1250
Vitamin B12 (as methylcobalamin)	250 mcg	4167
Calcium (as citrate)	100 mg	10
Iron (as glycinate)	5 mg	28
Magnesium (as citrate)	100 mg	25
Zinc (as picolinate)	5 mg	33
Copper (as citrate)	250 mcg	13
Potassium (as citrate)	50 mg	1
L-Carnitine (tartrate)	250 mg	†
Cordyceps mycelium extract ~ Cordyceps sinensis	250 mg	†
Rhodiola root extract ~ Rhodiola rosea	100 mg	†
N-Acetyl L-Cysteine	100 mg	†
D-Ribose	50 mg	†
Alpha lipoic acid	50 mg	†
CoQ10 (ubiquinone)	50 mg	†
Green tea leaf extract ~ Camellia sinensis	50 mg	†
Caffeine (from Green tea)	25 mg	†

† Daily Value not established

Other ingredients: Vegetable capsule (HPMC, water).

Sports Symmetry™ is suitable for vegetarians and vegans.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Size ~ 180 caps; UPC code ~ 7-08118-02098-8

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