



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 ~ 7-08118-02002-5

Size ~ 180 caps; UPC code ~ 7-08118-02001-8

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules
30 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)	850 mcg DFE	212
Vitamin B12 (as methylcobalamin)	75 mcg	3125
Biotin	150 mcg	500
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	50 mg	1000
Calcium (as malate and ascorbate)	225 mg	17
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	†
Bioflavonoids (from citrus)	200 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.



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.