



VITANICA® ~ FEMTEEN SYMMETRY™

A daily multivitamin/mineral combination formulated especially for young women's nutritional needs.

Featured Ingredients:

- Complete complement of only **natural mixed carotenoids**; we do not use synthetic beta carotene
- Cellular antioxidant support from **Green tea**
- Reproductive system support, as well as additional immune and antioxidant support from **Lutein** and **Lycopene**
- **Maca** provides traditional tonic/adaptogenic support promoting a regular menstrual cycle and supporting healthy future fertility

Indications: Perfect multivitamin for girls and young women ages 12-20. Includes a full spectrum of the most bioavailable and premium forms of each nutrient as well as some extra antioxidant support, specific for females in this age group.

Suggested Use: 2 caps, 2 times daily with meals.

Size ~ 120 caps; UPC code ~ 7-08118-02097-1

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules, 60 Servings per Container

Amount per Serving	% Daily Value
Vitamin A (retinyl palmitate)	300 mcg RAE 33
Pro Vitamin A (as natural mixed carotenoids)	2,250 mcg RAE 250
Vitamin C (as calcium ascorbate)	250 mg 277
Vitamin D2 (as ergocalciferol)	3.75 mcg (150 IU) 18
Vitamin E (as d-alpha tocopherol succinate)	67 mg (100 IU) 446
Vitamin K (as phyloquinone)	30 mcg 38
Thiamin (as Vit. B1, thiamin HCl)	15 mg 1250
Riboflavin (as Vit. B2, riboflavin-5-phosphate)	15 mg 1153
Vitamin B3 (as inositol hexaniacinate)	15 mg NE 93
Vitamin B6 (as pyridoxine HCl)	15 mg 882
Folate (as L-5 Methylfolate)	680 mcg DFE 170
Vitamin B12 (as methylcobalamin)	400 mcg 16666
Biotin	150 mcg 500
Pantothenic acid (as Vit B5, d-cal pantothenate)	15 mg 300
Choline (as bitartrate)	15 mg 2
Calcium (as carbonate, citrate, malate, ascorbate)	250 mg 19
Iron (as aspartate, ferrous succinate, ferrous fumarate)	12.5 mg 70
Iodine (from kelp)	50 mcg 33
Magnesium (as citrate, malate)	125 mg 29
Zinc (as picolinate)	7 mg 63
Selenium (l-selenomethionine)	50 mcg 90
Copper (as aspartate)	0.5 mg 55
Manganese (as citrate)	1 mg 50
Chromium (as polynicotinate)	50 mcg 142
Potassium (as citrate)	25 mg <1
Bioflavonoids (from citrus)	50 mg †
Maca (Lepidium peruvianum) root	50 mg †
Green tea (Camellia sinensis) leaf extract	25 mg †
Inositol	15 mg †
DIM	5 mg †
Boron (as amino acid chelate)	1 mg †
Silicon (as amino acid chelate)	500 mcg †
Lycopene	225 mcg †
Lutein	112 mcg †

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), L-leucine.

Keep in a cool, dry place out of reach of children.



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.