

# VITANICA® ~ FLORA SYMMETRY™

This multi-species, yet precise blend of probiotic cultures supports healthy & normal microflora ecology in the intestinal environment.

## Featured Ingredients:

- **Lactobacilli** and **bifidobacteria** species are vital components of healthy intestinal microflora in individuals of all ages and races
- **Lactobacilli** promote improved tolerance of lactose, increased intestinal muscle movements (peristalsis) and promote the evacuation of stool from the bowels
- **HOWARU®** is a brand of specific probiotic strains with proven research for digestive immune support. We are utilizing the **HOWARU Bifido®**, which is tested to ensure intestinal delivery and colonization
- Contains 10 billion live organisms per capsule
- Continued research over the last 50+ years has demonstrated, ingestion of specific strains of bacteria, i.e. probiotics, improves microflora, therefore can promote improved digestive functions



## Supplement Facts

Serving Size 1 Capsule, 60 Servings per Container

Amount per Serving		% Daily Value
Lactobacillus acidophilus (La-14)	500 million CFU	†
Bifidobacterium lactis, HOWARU® (HN019)	5 billion CFU	†
Lactobacillus salivarius (Ls-33)	3 billion CFU	†
Lactobacillus rhamnosus (Lr-32)	500 million CFU	†
Bifidobacterium breve (Bb-03)	500 million CFU	†
Lactobacillus plantarum (Lp-115)	500 million CFU	†

† Daily Value not established

Other ingredients: Microcrystalline cellulose, vegan capsule (hydroxypropyl methylcellulose, water), L-leucine, silica.

**Indications:** Promotes the healthy balance of organisms in the gut with specific multiple species blend; supports an optimal intestinal barrier immune response and optimal digestive health.

**Suggested Use:** 1 capsule daily orally. More may be taken as directed by a health care practitioner.

Size ~ 60 caps; Item code ~ 7-08118-02317-0

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## **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.