



# VITANICA® ~ MID-LIFE SYMMETRY™

Mid-Life Symmetry is a multivitamin/mineral formulated to meet the nutritional needs of peri and postmenopausal women who are infrequently or no longer menstruating, and who are at an important new hormonal time in life.

## Featured Ingredients:

- Higher amount of **Vitamin D** supporting healthy bones, a healthy immune system and a healthy cardiovascular system
- More **Calcium** supporting healthy bone structure and architecture
- Optimal **Methylated Folic acid (L-5-MTHF)** levels promoting healthy brain tissue, and offering bone support and cardiovascular support
- Provides **Natural Mixed Carotenoids** for a full spectrum of carotenes in their natural mixed forms; no synthetics
- Utilizing **Buffered Vitamin C** because it is easier on the stomach
- **Bioflavonoids** offer antioxidant support to all the tissues, including skin and uterine tissues
- **Curcumin** is included to maintain a healthy inflammation response
- **Green Tea** is added for its antioxidant and cellular support
- **L-Theanine** adds a level of calming support to address the possible stressors accompanying this time of hormonal change

## Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving	% Daily Value
Vitamin A (as retinyl palmitate) 1250 IU, with Pro Vitamin A (as natural mixed carotenoids 6250 IU)	7500 IU 150
Vitamin C (as calcium ascorbate, buffered)	250 mg 417
Vitamin D2 (as ergocalciferol)	300 IU 75
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667
Vitamin K (as phyloquinone)	15 mcg 19
Thiamin (as Vitamin B1, thiamin HCl)	50 mg 3333
Riboflavin (as Vitamin B2, riboflavin-5-phosphate, riboflavin)	5 mg 294
Vitamin B3 (as inositol hexaniacinate)	50 mg 250
Vitamin B6 (as pyridoxine HCl)	50 mg 2500
Folate (as L-5 Methylfolate)	400 mcg 100
Vitamin B12 (as methylcobalamin)	75 mcg 1250
Biotin	150 mcg 50
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	50 mg 500
Calcium (as citrate, malate 267 mg) and (as ascorbate 33 mg)	300 mg 30
Iodine (Ascophyllum nodosum) (from kelp)	75 mcg 50
Magnesium (as citrate, malate)	100 mg 25
Zinc (as picolinate)	10 mg 66
Selenium (as L-selenomethionine)	75 mcg 107
Copper (as aspartate)	1.5 mg 75
Manganese (as citrate)	5 mg 250
Chromium (as polynicotinate)	50 mcg 41
Potassium (as citrate)	50 mg 1
Bioflavonoids (from citrus)	50 mg †
Curcumin (Curcuma longa) root extract	50 mg †
Green tea (Camellia sinensis) leaf	50 mg †
L-Theanine	15 mg †
Boron (as citrate)	1.5 mg †
Silica	250 mcg †

† Daily Value not established

Other ingredients: Vegan capsule (HPMC and water).

**Indications:** Developed for women 50-65 years of age, this multivitamin/mineral complex offers a thoughtful blend of nutrients in support of the body during a natural change in a woman's life.

**Suggested Use:** 3 capsules per day; also see label.

Size ~ 180 caps; Item code ~ 7-08118-02099-5

Contact ~ 800.572.4712; email ~ info@vitanica.com



## **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.