



VITANICA® ~ VEGAN SYMMETRY™

A daily multivitamin/mineral supplement specifically formulated for the nutritional needs and health factors that are important for people on a vegan diet.

Featured Ingredients:

- Higher amount of **Vitamin D** supporting healthy bones, a healthy immune system and a healthy cardiovascular system
- More **Calcium** and **Magnesium** supporting healthy bone structure and architecture
- Additional protein from **Hemp seeds**, providing a nice little boost of EFAs and amino acids
- As in all our multivitamin formulas: **Methylated Folic acid (L-5-MTHF)**, **Buffered Vitamin C**, **Natural mixed carotenoids**

Indications: A thorough and thoughtful, balanced multivitamin/mineral complex designed for people on a vegan diet.

Suggested Use: (To be taken with meals.) Age 12 and older; 2 capsules twice daily support a balanced vegan diet; 4 capsules twice daily, when there are more food restrictions, high stress or high athletic performance.

Size ~ 120 caps; UPC code ~ 7-08118-02096-4

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules, 60 Servings per Container

Amount per Serving	% Daily Value
Pro Vitamin A (as natural mixed carotenoids 750 mcg RAE & retinyl 187 mcg RAE)	937 mcg RAE 104
Vitamin C (as calcium ascorbate, buffered)	262 mg 291
Vitamin D2 (as ergocalciferol)	12 mcg (500 IU) 62
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg 223
Vitamin K (as phyloquinone)	7 mcg 6
Thiamin (as Vitamin B1, thiamin HCl)	25 mg 2083
Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin)	25 mg 1923
Vitamin B3 (as inositol hexaniacinate)	25 mg 156
Vitamin B6 (as pyridoxine HCl)	25 mg 1471
Folate (as L-5 Methylfolate)	340 mcg DFE 85
Vitamin B12 (as methylcobalamin)	37 mcg 1541
Biotin	75 mcg 250
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	25 mg 500
Calcium (as carbonate, ascorbate)	250 mg 19
Iodine (from kelp)	37 mcg 25
Magnesium (as citrate-malate)	125 mg 30
Zinc (as picolinate)	5 mg 45
Selenium (as L-Selenomethionine)	37 mcg 67
Copper (as aspartate)	0.75 mg 83
Manganese (as citrate)	2.5 mg 109
Chromium (as picolinate)	25 mcg 71
Potassium (as citrate)	25 mg <1
Hemp (<i>Cannabis sativa</i>) seed protein	25 mg †
Boron (as citrate)	0.75 mg †
Silica	125 mcg †

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water).



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.