



VITANICA® ~ SENIOR SYMMETRY™

A daily multivitamin/mineral supplement specifically designed to address the nutritional and health needs of the aging population, 65 years and up.

Featured Ingredients:

- We use only **natural mixed carotenoids** – no synthetic beta carotene
- **Buffered Vitamin C** is gentler on the stomach
- The **citrate/malate forms of calcium** optimize calcium absorption as we age
- Botanical support from: **Rhodiola, Ginkgo** and **Bilberry fruit**
- Additional antioxidant support with: **CoQ10** and **Lutein**
- **Plant-based digestive enzymes** are included to promote digestion and absorption of dietary constituents and supplemental nutrients

Indications: This complete and thoughtful multiple vitamin/mineral complex addresses the common changes seen in the aging population, such as changes in calcium needs, cognition support, and digestion support. Features premium forms of nutrients and digestive enzymes promoting maximum absorption.

Suggested Use: (To be taken with meals.) Age 65 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; 5-6 capsules daily provide high potency supplementation for high stress or heavy exercise.

Size ~ 180 caps; UPC code ~ 7-08118-02004-9

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 3 Capsules
Servings per Container 60

Amount per Serving		% Daily Value
Pro Vitamin A (as natural mixed carotenoids)	750 mcg RAE	83%
Vitamin C (as calcium ascorbate, buffered)	150 mg	167%
Vitamin D2 (as ergocalciferol)	10 mcg (400IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamin (Vitamin B1) (as thiamine HCl)	50 mg	4167%
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	5 mg	385%
Niacin (Vitamin B3) (as inositol hexaniacinate)	25 mg NE	156%
Vitamin B6 (as pyridoxine HCl)	25 mg	1471%
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	400 mcg	16666%
Biotin	150 mcg	500%
Pantothenic acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	1000%
Calcium (as carbonate, citrate & ascorbate)	400 mg	31%
Magnesium (as carbonate, citrate)	200 mg	47%
Zinc (as zinc picolinate)	10 mg	91%
Selenium (as L-selenomethionine)	50 mcg	91%
Copper (as copper aspartate)	1 mg	111%
Manganese (as manganese citrate)	5 mg	217%
Chromium (as chromium picolinate)	100 mcg	286%
Potassium (as potassium citrate)	50 mg	<1%
Rhodiola (<i>Rhodiola rosea</i>) root extract	25 mg	†
Ginkgo (<i>Ginkgo biloba</i>) leaf extract	25 mg	†
Bilberry (<i>Vaccinium myrtillus</i>) fruit extract	10 mg	†
CoQ10	5 mg	†
Boron (citrate)	1.5 mg	†
Lutein	1 mg	†
Silica (as silica amino acid chelate)	250 mcg	†
Amylase	1000 SKB	†
Protease	5000 HUT	†
Lipase	80 FIP	†
Cellulase	40 CU	†
Lactase	100 LACU	†

† Daily Value not established

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



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.