Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Mid-Life Symmetry™ is a high potency, high quality multivitamin and mineral supplement specifically formulated for the nutritional needs of women in mid-life, ages 50-65.

Suggested Use: As a dietary supplement for females between ages 50 and 65 (to be taken at meals).

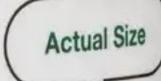
- 1-2 capsules daily complement a balanced diet and lifestyle.
- 3-4 capsules daily provide a well-balanced maintenance and therapeutic level of supplementation.

WARNING: Mid-Life Symmetry™ contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Consult your physician if taking either of these drugs.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, lactose, salt, wheat, gluten, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing. Keep in a cool, dry place out of reach of children.







50-65 MULTIVITAMIN

FORMULATED BY DR. TORI HUDSON

Dietary Supplement 180 Vegetarian Capsules

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving		% Dail Value	
Vitamin A (as retinyl palmitate) 1250 IU,			-
with Pro Vitamin A (as natural mixed carotenoids 5000 IU)	6250	111	125
Vitamin C (as calcium ascorbate, buffered)	250		417
Vitamin D2 (as ergocalciferol)	300		75
Vitamin E (as d-alpha tocopheryl succinate)	200	4117	667
Vitamin K (as phylloquinone)		mcg	19
Thiamin (as Vitamin B1, thiamin HCI)		mg	3333
liboflavin (as Vitamin B2, riboflavin-5-phosphate, riboflavin)		mg	294
/itamin B3 (as inositol hexaniacinate)		mg	250
/itamin B6 (as pyridoxine HCI)	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
alcium (as citrate, malate 267 mg) and (as ascorbate 33 mg)	300	mg	30
odine (Ascophyllum nodosum) (from kelo)	75	mcg	50
Magnesium (as citrate, malate)	100	mg	25
Linc (as picolinate)	10	mg	66
Selenium (as L-selenomethionine)	75	mcg	107
Copper (as aspartate)	1.5	mg	75
Manganese (as citrate)		mg	250
Chromium (as polynicotinate)	100000	mcg	41
Potassium (as citrate)	50	mg	<1
Bioflavonoids (from citrus)	50	mg	t
Curcumin (Curcuma longa) root extract		mg	1
oreen tea (Camellia sinensis) teaf	50	mg	1
-Theanine		mg	1
Boron (as citrate)	1.5	mg	1
Silica	250	mcg	†

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Other ingredients: Vegetarian capsule (cellulose and water).

Mid-Life Symmetry[™] is suitable for vegetarians and vegans.