

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.



Actual Size

VITANICA®



MID-LIFE SYMMETRY™

50-65 MULTIVITAMIN
FORMULATED BY DR. TORI HUDSON
Dietary Supplement
180 Vegetarian Capsules

VITANICA® 12401 SW Leveton Dr., Tualatin, OR 97062 • www.vitanica.com

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 5000 IU)	6250 IU	125
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: Vegetarian capsule (cellulose and water).

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