

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

Senior Symmetry™ utilizes premium grade vitamins and minerals in ratios specifically tailored for a woman's body in her senior years.

As a dietary supplement for women 65 years of age and beyond (to be taken with 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.
- 5-6 capsules daily provide high potency supplementation for high stress or heavy exercise.

Vitanica's OsteoBlend® is an excellent complimentary product to Senior Symmetry™.

This multiple should be discontinued 2 weeks prior to surgery due to Ginkgo and its potential to slow the clotting process.

This product contains no: preservatives, binders, artificial colorings or flavorings, lactose, salt, wheat, gluten, soybeans, 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



65+ MULTIVITAMIN

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Dietary Supplement

180 Vegetarian Capsules



Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Pro Vitamin A (as natural mixed carotenoids)	2500 IU	50
Vitamin C (as calcium ascorbate, buffered, & from rosehips, Rosa L. spp. (fruit)~Rosa canina)	150 mg	250
Vitamin D2 (as ergocalciferol)	400 IU	100
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Thiamin (as vitamin B1, thiamin HCL)	50 mg	3333
Riboflavin (as vitamin B2, riboflavin-5-phosphate)	5 mg	294
Vitamin B3 (as inositol hexaniacinate)	25 mg	125
Vitamin B6 (as pyridoxine HCL)	25 mg	1250
Folate (as L-5 Methylfolate)	400 mcg	100
Vitamin B12 (as methylcobalamin)	400 mcg	6666
Biotin	150 mcg	50
Pantothenic Acid (as vitamin B5, di-cal panthenate)	50 mg	500
Calcium (as citrate-malate) 385 mg & (as calcium ascorbate) 15mg	400 mg	40
Magnesium (as amino acid chelate)	200 mg	50
Zinc (as picolinate)	10 mg	66
Selenium (as L-selenomethionine)	50 mcg	72
Copper (as aspartate)	1 mg	50
Manganese (as citrate)	5 mg	250
Chromium (as picolinate)	100 mcg	82
Potassium (as citrate)	50 mg	<1
Bilberry fruit extract ~ Vaccinium uliginosum	10 mg	†
Boron (as citrate)	1.5 mg	†
Silica (as amino acid chelate)	250 mcg	†
Amylase	1000 SKB	†
Protease	5000 HUT	†
Lipase	80 FIP	†
Cellulase	40 CU	†
Lactase	100 LACU	†
Rhodiola rosea extract	25 mg	†
Ginkgo leaf extract ~ Ginkgo biloba	25 mg	†
CoQ10	5 mg	†
Lutein	1 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose, water).
Senior Symmetry™ is suitable for vegetarians and vegans.