

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

FemTeen Symmetry™ is a unique formulation to support a young woman's nutritional needs. Highlights include DIM, green tea and maca for enhanced immune and adaptogenic support.\*

Suggested Use: Two (2) capsules two times daily.

Avoid this product during pregnancy and lactation.

**WARNING:** FemTeen Symmetry™ contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take FemTeen Symmetry™ if taking either of these drugs.

This product contains no preservatives, binders, artificial colorings or flavorings sucrose, glucose, starch, lactose, salt, corn, wheat, gluten or dairy products.

Tamper resistant: Please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.

**\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**



# FEMTEEN SYMMETRY™

## Dietary Supplement



FORMULATED FOR WOMEN  
BY DR. TORI HUDSON  
**120 Vegetarian Capsules**

VITANICA® P.O. Box 1285 • Sherwood, OR 97140  
www.vitanica.com

## Supplement Facts

Serving Size 2 Capsules

Amount per Serving	% Daily Value
Vitamin A (retinol palmitate)	1,000 IU 20
Natural mixed carotenoids, Betataine®	7,500 IU 150
Vitamin C (as calcium ascorbate)	250 mg 416
Vitamin D2 (as ergocalciferol)	150 IU 37
Vitamin E (as d-alpha tocopherol succinate)	100 IU 333
Vitamin K (as phyloquinone)	30 mcg 38
Thiamin (as Vit. B1, thiamin HCL)	15 mg 1000
Riboflavin (as Vit. B2, riboflavin-5-phosphate)	15 mg 882
Vitamin B3 (as inositol hexaniacinate)	15 mg 75
Vitamin B6 (as pyridoxine HCL)	15 mg 750
Folate (as folic acid)	400 mcg 100
Vitamin B12 (as methylcobalamin)	400 mcg 6666
Biotin	150 mcg 50
Pantothenic acid (as Vit. B5, d-cal panthenate)	15 mg 150
Calcium (as citrate, malate, carbonate)	250 mg 25
Iodine (from kelp)	50 mcg 33
Iron (as aspartate, ferrous succinate, ferrous fumarate)	12.5 mg 70
Magnesium (as citrate, malate)	125 mg 25
Zinc (as picolinate)	7 mg 50
Selenium (l-selenomethionine)	50 mcg 71
Copper (as aspartate)	500 mcg 25
Manganese (as citrate)	1 mg 50
Chromium (as polynicotinate)	50 mcg 41
Potassium (as citrate)	25 mg <1
Bioflavonoids (from citrus)	50 mg †
Boron (as amino acid chelate)	1 mg †
Choline (as bitartrate)	15 mg †
Inositol	15 mg †
Silicon (as amino acid chelate)	500 mcg †
Maca - Lepidium peruvianum	50 mg †
Green tea extract (95% polyphenols, 80% catechins, 55% EGCG)	25 mg †
DIM	5 mg †
Lycopene	225 mcg †
Lutein	112 mcg †

† Daily Value not established

Other ingredients: Vegetable cellulose and water. Contains soy from Vit. E.  
FemTeen Symmetry™ is suitable for vegetarians.