

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

Maternal Symmetry™ provides high quality vitamins, minerals and herbs to support before, during and after pregnancy.

Suggested Use: Take two (2) capsules with food three times per day during pregnancy and lactation, or as directed by your physician.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

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

Tamper resistant: please do not use if safety seal is broken or missing. **Lot# 1303049 Exp: 05-2016**

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



Actual Size

VITANICA®



MATERNAL SYMMETRY™

OB MULTIVITAMIN*

FORMULATED BY DR. TORI HUDSON

Dietary Supplement

180 Vegetarian Capsules

Supplement Facts

Serving Size 2 Capsules, 90 servings per container

Amount per Serving		% Daily Value
Vitamin A (as BetaCarotene®, natural mixed carotenoids)	3400 IU	68
Vitamin C (as calcium ascorbate, buffered)	200 mg	333
Vitamin D2 (as ergocalciferol)	130 IU	32
Vitamin E (as d-alpha tocopheryl succinate)	130 IU	433
Vitamin K (as phyloquinone)	50 mcg	62
Thiamin (as vitamin B1, thiamin HCl)	8 mg	533
Riboflavin (as vitamin B2, riboflavin-5-phosphate)	533 mcg	31
Vitamin B3 (as inositol hexaniacinate)	8 mg	40
Vitamin B6 (as pyridoxine HCl)	16 mg	941
Folate (as folic acid)	260 mcg	65
Vitamin B12 (as methylcobalamin)	34 mcg	566
Biotin	100 mcg	33
Pantothenic Acid (as vitamin B5, di-cal pantothenate)	16 mg	160
Calcium (as citrate-malate)	170 mg	17
Iron (as aspartate, ferrous succinate, ferrous fumarate)	9 mg	50
Iodine (from kelp)	50 mcg	33
Magnesium (as citrate-malate)	85 mg	21
Zinc (as picolinate)	10 mg	66
Copper (as gluconate)	500 mcg	25
Selenium (as L-selenomethionine)	22 mcg	†
Manganese (as citrate)	1700 mcg	†
Chromium (as picolinate)	50 mcg	†
Boron (as AAC)	1 mg	†
Ginger Root - Zingiber officinale	17 mg	†
Red Raspberry leaves - Rubus idae	7 mg	†
Nettle leaf - Urtica dioica	7 mg	†
Partridge berry - Mitchella repens	7 mg	†
Lemon balm leaf - Melissa officinalis	7 mg	†
Chastrow aerial parts - Avena sativa	4 mg	†
Dandelion root - Taraxacum officinale	4 mg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water). May contain gluten.

Maternal Symmetry™ is suitable for vegetarians and vegans.