



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

Women's Symmetry® utilizes premium grade vitamins, minerals and nutrients in ratios specifically tailored for a woman's body.

Suggested Use: As a dietary supplement for females above age 12 (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.

If you are pregnant or nursing, please consider Vitanica's Maternal Symmetry™.

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

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, starch, lactose, salt, corn, 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.

Lot# 1212030 Exp: 03-2016



Actual Size

VITANICA®



WOMEN'S SYMMETRY®

MULTIVITAMIN

FORMULATED BY DR. TORI HUDSON

Dietary Supplement

90 Vegetarian Capsules

VITANICA® 10347 SW Spokane Ct., Tualatin, OR 97062 • www.vitanica.com

Supplement Facts

Serving Size 3 Capsules, 30 servings per container

Amount per Serving		% Daily Value
Vitamin A (as Betatene®, natural mixed carotenoids 5000 IU & as retinyl 1250 IU)	6250 IU	125
Vitamin C (as calcium ascorbate, buffered)	500 mg	833
Vitamin D2 (as ergocalciferol)	200 IU	50
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	666
Vitamin K (as phyloquinone)	15 mcg	19
Thiamin (as Vitamin B1, thiamin HCl)	50 mg	3333
Riboflavin (as Vitamin B2, riboflavin 5 phosphate, riboflavin)	25 mg	1470
Vitamin B6 (as pyridoxine HCl)	50 mg	2500
Folate (as L-5-MTHF, calcium salt)	500 mcg	125
Vitamin B12 (as methylcobalamin)	75 mcg	1250
Biotin	150 mcg	50
Pantothenic acid (as Vitamin B5, d-cal pantothenate)	50 mg	500
Vitamin B3 (as inositol hexaniacinate)	50 mg	250
Calcium (as citrate-malate, 210 mg & as calcium ascorbate 61 mg)	271 mg	27
Iodine (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)	200 mg	†
Rosehips - Rosa L spp. (fruit)	25 mg	†
Rutin	5 mg	†
Hesperidin	5 mg	†
Boron (as citrate)	1.5 mg	†
Silica	250 mcg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water).

Women's Symmetry® is suitable for vegetarians and vegans.