

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, starch, lactose, salt, corn, wheat, gluten or milk derivatives.

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# 1302102 Exp: 03-2016



Actual Size

VITANICA®



MID-LIFE SYMMETRY™

50-65 MULTIVITAMIN

FORMULATED BY DR. TORI HUDSON

Dietary Supplement
180 Vegetarian Capsules

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

Supplement Facts

Serving Size 3 Capsules, 60 Servings per Container

Amount per Serving	% Daily Value
Pro Vitamin A (as Beta-carotene, natural mixed carotenoids 5000 IU and retinyl 1250 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 B6 (as pyridoxine HCl)	50 mg 2500
Folate (as folic acid)	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
Vitamin B3 (as inositol hexaniacinate)	50 mg 250
Calcium (as citrate, malate 267 mg) and (as ascorbate 33 mg)	300 mg 30
Iodine (from kelp) - Ascophyllum nodosum	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 root extract - Curcuma longa	50 mg †
Green tea leaf - Camellia sinensis	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.