

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.

Lot# 1005215 Exp: 06-13



TEEN  
MULTIPLE

**FEMTEEN SYMMETRY™**

Dietary Supplement  
**VITANICA®**

**120 Vegetarian Capsules**

10347 SW Spokane Ct • Tualatin, OR 97061

VITANICA®

## Supplement Facts

Serving Size 2 Capsules

Amount per Serving	% Daily Value
Vitamin A (retinyl palmitate)	1,000 IU 20
Natural mixed carotenoids, BetaTene®	7,500 IU 150
Vitamin C (as calcium ascorbate)	250 mg 416
Vitamin D2 (as ergocalciferol)	150 IU 30
Vitamin E (as d-alpha tocopherol succinate)	100 IU 333
Vitamin K (as phytylquinone)	30 mcg 36
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 250
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 pantothenate)	15 mg 150
Calcium (as carbonate, citrate, malate, ascorbate)	250 mg 25
Iodine (from kelp)	50 mcg 33
Iron (as aspartate, ferrous succinate, ferrous fumarate)	12.5 mg 20
Magnesium (as citrate, malate)	125 mg 31
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 polychromate)	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 root - Lepidium peruvianum	50 mg †
Green tea extract	25 mg †
DMG	5 mg †
Lycopodium	225 mcg †
Lutein	112 mcg †

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water). Vitamin E from soy. FemTeen Symmetry™ is suitable for vegetarians.