

Supplement Facts

Serving Size 3 Capsules

Amount per Serving

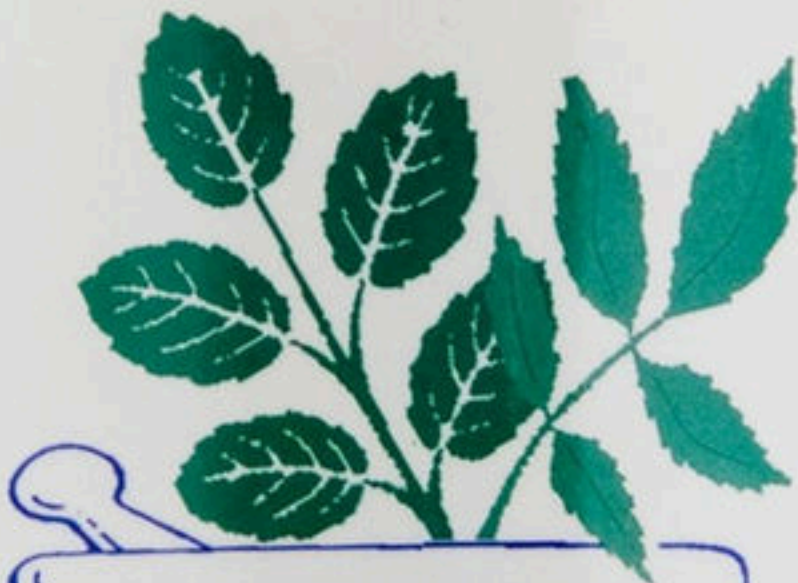
% Daily Value

Vitamin A (as Betatene®, natural mixed carotenoids)	2500 IU	50
Vitamin C (as calcium ascorbate, buffered, 150 mg & from rosehips, Rosa L. spp. (fruit) 25 mg.)	125 mg	208
Vitamin D2 (as ergocalciferol)	200 IU	50
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Thiamin (as vitamin B1, thiamin HCL)	25 mg	1666
Riboflavin (as vitamin B2, riboflavin-5 phosphate)	25 mg	1470
Vitamin B3 (as inositol hexaniacinate)	50 mg	250
Vitamin B6 (as pyridoxine HCL)	50 mg	2500
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as methylcobalamin)	400 mcg	6666
Biotin	150 mcg	50
Pantothenic Acid (as vitamin B5, d-cal panthenate)	50 mg	500
Calcium (as citrate - malate) 385 mg & (as calcium ascorbate) 15 mg	400 mg	40
Magnesium (as amino acid chelate)	200 mg	50
Zinc (as picolinate)	10 mg	86
Selenium (as L-selenomethionine)	50 mcg	72
Copper (as aspartate)	1 mg	50
Manganese (as citrate)	5 mg	250
Chromium (as picolinate)	100 mcg	82
Potassium (as citrate)	50 mg	<1
Bioflavonoids (from citrus)	25 mg	†
Boron (as citrate)	1.5 mg	†
Silica	250 mcg	†
Amylase	1000 SKB	†
Protease	5000 HUT	†
Lipase	80 FIP	†
Cellulase	40 CU	†
Lactase	100 LACU	†
Rhodiola rosea extract (3% rosavin, 1% salidroside)	25 mg	†
Ginkgo biloba extract (24% ginkgo flavone glycosides)	25 mg	†

† Daily Value not established

Other ingredients: vegetable cellulose and water.

Senior Symmetry™ is suitable for vegetarians.



65+ MULTIVITAMIN

SENIOR SYMMETRY™

Dietary Supplement
VITANICA®

180 Vegetarian Capsules

Senior Symmetry™ utilizes premium grade vitamins and minerals in ratios specifically tailored for a woman's body in her senior years.

As a dietary supplement for women 65 years of age and beyond (to be taken with 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.
- 5-6 capsules daily provide high potency supplementation for chronic illness, high stress or heavy exercise.

Vitanica's Osteoblend® is an excellent complimentary product to Senior Symmetry™.

Consult your physician if on prescription medications.

This product contains no preservatives, binders, artificial colorings or flavorings, sucrose, glucose, starch, lactose, salt, corn, wheat, soy or milk derivatives.

Tamper resistant: please do not use if safety seal is broken or missing. Lot# 1101083 Exp: 03-14

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



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