

VITANICA® ~ WOMEN'S SYMMETRY®



Like all our multiples, this is a hypoallergenic, preservative-free, high potency multivitamin and mineral supplement designed to support the nutritional needs of women in their 20's, 30's and 40's.

Featured Ingredients:

This is an **Iron-free** multivitamin because not all women need to take iron. Iron can add pro-oxidative stress if it's in excess, so we left it out

Bioflavonoids offer extra connective tissue and uterine tissue support

We utilize high quality ingredients and premium forms of the nutrients for better tolerability and to promote maximum bioavailability, including **Methylated Folic acid (L-5-MTHF)**

- Unique flexible dose makes it easy to use depending on what level of nutrient support women want or feel they need

Indications: Supports a healthy lifestyle. A thoughtful and thorough blend of vitamins and minerals from a doctor women can trust.

Suggested Use: (To be taken with meals.) Age 12 and older: 1-2 capsules daily complement a balanced diet and lifestyle; 3-4 capsules daily provide well-balanced maintenance and a therapeutic level of supplementation.

Size ~ 90 caps; UPC code ~ 7-08118-01002-6

Size ~ 180 caps; UPC code ~ 7-08118-01001-9

Contact ~ 800.572.4712; email ~ info@vitanica.com