

Vitamins are organic substances essential for life. They can not be produced by the body, therefore they must be ingested through food and supplements. Without them, the body would not survive.

VITAMIN A *Beta Carotene*

An antioxidant. Helps form and maintain healthy eyes, hair, teeth, gums, skin, mucous membranes, and fat metabolism.

Benefits:

- Stimulates the immune system
- Reduces risk of some tumors including lung, colorectal, prostate & breast

VITAMIN D *Calciferol*

Improves the immune function and helps the body absorb calcium and phosphorus.

Benefits:

- Protects against osteoporosis, osteomalacia, breast and colon cancer, some deafness, diabetes & acne

VITAMIN E *Tocopherol*

Forms RBCs, muscle and tissue. An antioxidant that protects against damage from smoke and pollution.

Benefits:

- Anti-cancer, cataracts, heart disease, neuralgic disorders, breast disorders, sexual & athletic prowess
- Slows aging

VITAMIN C *Ascorbic Acid & P Bioflavonoids*

An antioxidant that binds cells together, strengthens blood vessel walls and promotes healing.

Benefits:

- Anti-cancer, immuno-stimulant, lowers cholesterol, good vision, male fertility & helps control asthma
- Prevents scurvy

VITAMIN K

Needed for normal blood clotting.

Benefits:

- Role in fighting off osteoporosis and arthritis as well as some types of cancer

BIOTIN

Lipid synthesis, metabolism of fats, carbohydrates and proteins.

Benefits:

- Boosts athletic energy
- Hair health- prevents graying & baldness

B1 *Thiamin*

An antioxidant promoting proper nerve and brain function, metabolism of sugars, starches and digestion.

Benefits:

- May stop foot pain in diabetics
- Enhanced muscular endurance in athletes
- Combat seasickness

B2 *Riboflavin*

Carbohydrate, protein and fat metabolism. Helps with proper vision, mucous membranes, brain function and energy production.

Benefits:

- Helps combat Esophageal cancer, acne, arthritis, confusion, baldness, and mouth & GI ulcers
- Immunostimulant

B3 *Niacin*

Helps appetite, digestion and convert food to energy while protecting the nervous system.

Benefits:

- Reduces cholesterol, triglycerides, acne, canker sores, diabetes, migraines & baldness
- Good with sex hormones

B5 *Pantothenic Acid*

An anti-stress vitamin that maintains blood sugar levels, antibody formation, antioxidant action and cellular metabolism.

Benefits:

- Boosts athletic ability & speeds healing
- Lowers cholesterol & protects the heart
- Slows aging and gray hair formation

B6 *Pyridoxine*

For hormone balance, protein and fat metabolism, RBC formation and protecting nerves.

Benefits:

- Boosts athletic ability & speeds healing
- Lowers cholesterol & protects the heart
- Slows aging and gray hair formation

B12 *Cobalamin*

An energy vitamin that helps build genetic material, RBCs, function of all cells and mental health.

Benefits:

- Energizes the body
- Halts some brain disorders, prevents certain birth defects & neuro-psychiatric disorders

CHOLINE/INOSITOL

Basic part of lecithin and memory nutrient.

Benefits:

- Heart disease, treats & prevents memory loss
- Anti-aging

FOLIC ACID

Forms proteins, genetic material & builds RBCs.

Benefits:

- Combats cancer & birth defects
- Treats mental retardation & dermatitis

CHROMIUM

Controls blood cholesterol, synthesis of fatty acids and appetite.

Benefits:

- Lowers blood pressure & cholesterol
- Treats leg cramps, protects against colon cancer, osteoporosis & PMS
- Regulates heart rate

COPPER

An immunostimulant that helps absorb and carry O₂ in hemoglobin, and forms bone,

Benefits:

- Anti-cancer & anti-inflammatory
- Helps heal ulcers, colitis, arthritis, anemia & thyroid function

IODINE

Controls metabolism and function of thyroid.

Benefits:

- Relieve pain in fibro-cystic breast disease
- Mental clarity
- Prevents goiter

IRON

Helps absorb and carry O₂ in hemoglobin and in myoglobin (muscles).

Benefits:

- Resistance to cold
- Improves attention span in children & cooperativeness

MAGNESIUM

Activates enzymes to transfer and release energy in body. Regulates heart and muscle function.

Benefits:

- Helps protect against blood clots, migraines, PMS, epilepsy, diabetic retinopathy & polio
- Anti-stress

PHOSPHORUS

Builds strong bones and teeth. Transfers and releases energy in body.

Benefits:

- Endurance in athletes & fights fatigue
- Good tonic

POTASSIUM

An electrolyte for nerve conduction and muscle (heart) contraction.

Benefits:

- Treats high blood pressure, protects against stroke, improves athletic ability & treats cancer

SELENIUM

An antioxidant that prevents breakdown of body chemicals from free radicals.

Benefits:

- Protects against cancer & heart disease
- Increases male potency & sex drive
- Anti-inflammatory & good for the skin

ZINC

An antioxidant; works with RBC to move CO₂, form bone, smell, taste, healing and prostate function.

Benefits:

- Heals cold sores & boosts immunity
- Prevents cancer, blindness & infertility
- Increase male sex drive

Minerals

Minerals are in-organic substances (not living) essential for life and can not be manufactured by the body. There are macro minerals (such as calcium and zinc) that are needed in relatively large amounts, and there are trace minerals (such as chromium and selenium) that are needed in trace amounts.

CALCIUM

Builds strong bones, teeth, helps blood clot, nerve and muscle function and helps convert food to energy.

Benefits:

- Lowers blood pressure & cholesterol
- Treats leg cramps, protects against colon cancer, osteoporosis & PMS
- Regulates heart rate

What Are You Really Getting Out of Your Multivitamin?

The highly respected Journal of the American Medical Association now recommends that all American adults take a multivitamin to supplement their diet and help prevent disease. So which multivitamin has the best source of nutrients? Symmetry's Ultra Vitality™ of course!

ULTRA VITALITY™ – a wellness collection that has been changing people's lives for the better.

You have three ways to choose how you want to take your Ultra Vitality™!

- Ultra Vitality NutraPack™ – take 4 caplets daily
- Ultra Vitality Crystals™ - take one packet daily
- Ultra Vitality Drink™ - take one ounce daily



NO OTHER MULTIVITAMIN HAS DELTAZORB™ TECHNOLOGY FOR MAXIMUM NUTRITIONAL ABSORPTION! UP TO 160% MORE ABSORPTION!

View the Comparison Chart inside and see for yourself – Ultra Vitality NutraPack is clearly superior to any other multivitamin!



Frequently Asked Questions

Q: Why does Ultra Vitality™ go over the Daily Value?

A: 100% Daily Value can be understood as “minimum wage” for nutrition where it is enough to get by and prevent sickness, but not enough to be vibrant and happy. For example, while 100% Vitamin C will not generate scurvy or other deficiency symptoms, studies show that about 8 times that amount can increase life span by five and a half years. Thus, Ultra Vitality™ goes beyond the Daily Value recommendations on Vitamin C and other nutrients.

Ultra Vitality™: A Powerful, Comprehensive Supplement!

Ultra Vitality™ is heavily packed with the most scientifically advanced nutritional and dietary ingredients.

	Symmetry	One-A-Day	Centrum	Kirkland	GNC	Herbalife	Mannatech	Pharmanex	Metagenics	Usana	Shaklee	Eniva
Ingredients per serving size	Ultra Vitality NutraPack™	Maximum ¹	A to Zinc ²	Daily Multi ³	Solotron Multi ⁴	ShapeWorks Multivitamin Complex	PhytoMatrix	Life Pak Nano®	Multigenics®	Essentials	Vitalizer	Vibe
Fat Soluble Vitamins												
Retinol/Beta Carotene* (Vitamin A)	200% ^{as B-Carotene}	100% RDI ⁵	100% ⁶	100% ⁷	200% ⁸	33% ^{50/50 Blend}	50% ^{Mixed Blend}	150% ^{Mixed blend}	100% ^{15/85 Blend}	150% ^{B-Carotene}	100% ^{050/50 Blend}	50% ^{Retinol}
Calciferol (Vitamin D)	100%	100%	100%	100%	100%	33%	50%	75%	0.5%	80%	150%	50%
Tocopherol (Vitamin E)	667% ⁹	100% ¹⁰	100% ¹⁰	200% ¹⁰	100% ¹⁰	33%	50%	333%	333%	67%	667%	50%
Vitamin K*	100% ^{Probiotics*}	0	0	31%	0	0	0	25%	0	40%	100%	0
Water Soluble Vitamins												
Ascorbic Acid (Vitamin C)	500%	100%	100%	200%	333%	83%	50%	417%	2000%	1080%	0	200%
Thiamin (Vitamin B-1)	1000%	100%	100%	100%	2000%	447%	50%	250%	2000%	900%	833%	100%
Riboflavin (B-2)	882%	100%	100%	100%	1765%	488%	47%	250%	1700%	790%	600%	100%
Niacin (B-3)	150%	100%	100%	100%	150%	166%	40%	88%	2100%	100%	600%	100%
Pantothenic Acid (B-5)	300%	100%	100%	100%	300%	67%	28%	150%	2000%	450%	600%	100%
Pyridoxine (B-6)	1000%	100%	100%	100%	1500%	500%	55%	250%	2000%	800%	600%	100%
Cobalamin (B-12)	833%	100%	100%	100%	500%	33%	50%	500%	3333%	1670%	600%	100%
Folic (as folic acid)	100%	100%	100%	100%	100%	33%	55%	75%	100%	130%	100%	100%
Biotin	100%	10%	10%	10%	10%	33%	50%	50%	200%	50%	100%	100%
Minerals												
Calcium	50%	16%	16%	16%	6%	17%	24%	30%	50%	0	50%	10%
Chromium	125%	54%	100%	100%	21%	0	100%	83%	166%	0	100%	100%
Copper	100%	100%	100%	150%	25%	0	24%	25%	100%	0	100%	20%
Iodine	100%	100%	100%	100%	100%	0	40%	38%	100%	0	100%	100%
Iron**	0	0	0	100%	0	11%	13%	0	55%	0	0	0
Magnesium	50%	25%	25%	25%	8%	17%	1%	38%	50%	0	50%	50%
Manganese	250%	175%	100%	125%	250%	85%	60%	50%	62%	0	100%	75%
Phosphorus***	Trace Mineral Blend	0	0	11%	0	0	0	6%	0	0	35%	Trace Mineral Blend
Potassium***	2%	2%	2%	2%	1%	1%	0	1%	3%	0	0	5%
Selenium	Trace Mineral Blend	28%	29%	64%	36%	24%	114%	100%	285%	0	100%	36%
Zinc	100%	100%	100%	150%	200%	33%	47%	50%	130%	0	100%	27%
Blends												
Antioxidant Blend	YES	NO	NO	NO	NO	NO	YES	YES	NO	YES	YES	NO
Energy Blend	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Nutritive Herbal Blend/ Urinary Health Blend	YES	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES
Proprietary Blend: Digestive Support/ Enzymes/ Probiotics	YES	NO	NO	NO	NO	NO	NO	NO	Betaine HCL	NO	YES	NO
Chlorophyll Blend	YES	NO	NO	NO	YES ¹¹	NO	NO	NO	NO	NO	NO	NO
Super Food Blend/ Immune Herbal Blend	YES	NO	NO	NO	NO	NO	YES	NO	NO	YES	YES	YES
DeltaZorb™†	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

1 One-a-Day is a registered trademark of Bayer Corporation
 2 Centrum is a registered trademark of Whitehall-Robins Healthcare
 3 Kirkland is a registered trademark of Price-Costco
 4 GNC Solotron is a registered trademark of General Nutrition Corporation
 5 100% RDI - undisclosed amount as beta-carotene
 6 100% - 20% as beta-carotene
 7 100% - 25% as beta-carotene
 8 200% - 50% as beta-carotene
 9 667% - as all natural d-alpha-tocopherol
 10 100% - as synthetic dl-alpha-tocopherol
 11 citrus bioflavonoids and green tea

†DeltaZorb is a trademark of Symmetry Corporation.
 *May interfere with efficacy of common blood-thinning medications.
 **NutraPack does not include iron due to toxicity concerns, especially for children.
 ***Adequate amounts are found in the average diet.
 Note: Percentages are based on the serving size listed on the ingredient deck of the products, not necessarily what is recommended.

This comparison was done on the UV NutraPack. Ingredients may vary depending on what form of Ultra Vitality you are using.

Symmetry Corporation makes no claims for its nutritional products other than their excellent quality and purity. The statements made herein have not been evaluated by the Food and Drug Administration. Symmetry's products are not intended to diagnose, treat, cure or prevent any disease. They are good food and intended to supplement your diet.