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If you need help ordering or choosing what products may be best for you then call us and a trained person will help you.

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Dr. Mark Crapo

"Do you want to feel and look better - find out how you can by using Symmetry health products."

Pediatricians worldwide agree that consistent, proper nutritional intake is the most basic foundation for proper mental, physical and emotional development in children. However, research suggests that kids on average do not eat enough fruits and vegetables necessary to get the essential nutrients; their diets are often high in fats, sugar, artificial colors and preservatives, and low in the vital foods such as fruits and vegetables.

Because children grow and develop so quickly, their bodies have a very high demand for complete nutrition; a consistent beneficial intake of all basic nutrients is important for optimal growth and development. Symmetry's Fruit-A-Mins provides a broad spectrum of whole foods, fruit and vegetable extracts-equivalent to one serving of fresh fruits and vegetables.

Our unique formula is a comprehensive, delicious chewable vitamin, perfect for your growing child. Encourage your children to eat a balanced diet, and take Fruit-A-Mins daily to assure they are getting a solid nutritional base for a healthy, growing body. It's the solution both you and your child will love!

▶ **Use Symmetry's Fruit-A-Mins and help your child's body stay on the right track.**

- Fruit-A-Mins was developed with several features to help improve growth rates, which sets it apart from many of the common children's chewables on the market today. A wide array of vitamins, minerals and antioxidants for optimal health.
- Nutrients equivalent to one serving of fruits and vegetables.
- Delicious taste that comes from Symmetry's exclusive fruit crystal blend; kids love the sweet, tart flavor.

- NO artificial sweeteners, coloring or preservatives of ANY kind.

People using FruitAMins also use these supporting products:

[MegaJuice](#)

[Genesis](#)

[Future Star](#)

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Fruit-A-Mins

**Symmetry
products
are not sold
in Stores**

Ingredients and Supplement Facts		*Daily value not established		
Supplement Facts	Amount Per Serving	% Daily Value for Children under 4	% Daily Value for Adults & Children over 4 years	
Serving size: Children under four: 1/2 wafer; adults and children over four: 1 wafer				
Servings per Container: 60 wafers				
Calories	5			
Total carbohydrates (Based on 2,000 calorie diet)	1 g	*	<1	
Sugars	1 g	*	*	
Vitamin A (as retinyl palmitate & 6% as beta carotene)	5000 IU	100	100	
Vitamin C (as ascorbic acid and sodium ascorbate)	60 mg	75	100	
Vitamin D (as cholecalciferol)	200 IU	25	50	
Vitamin E (as dl-alpha-tocopheryl acetate and d-alpha-tocopheryl succinate)	30 IU	150	100	
Thiamin (as thiamin mononitrate)	1.5 mg	107	100	
Riboflavin	7 mg	106	100	
Niacin (as niacinamide)	20 mg	111	100	
Vitamin B6 (as pyridoxine HCl)	2 mg	143	100	
Folate (as folic acid)	200 mcg	50	50	
Vitamin B12 (as cyanocobalamin)	10 mcg	167	167	
Biotin	50 mcg	17	17	
Pantothenic acid (as D-calcium pantothenate)	10 mg	100	100	


Zinc (as zinc citrate)	2 mg	13	13
Selenium (as L-selenomethionine)	30 mcg	*	43
Chromium	20 mcg	*	17
Potassium	5 mg	*	<1
Acerola (Malpighia punicifolia) berry extract	5 mg	*	*
Rose Hips (Rosa canina) fruit	5 mg	*	*
Hesperidin complex	5 mg	*	*
Proprietary fruit crystal blend: cherry juice flavored crystals, orange juice flavored crystals, lemon juice flavored crystals	40 mg	*	*
Proprietary whole food blend: pineapple, broccoli, carrots, apple, orange, tomato, brussels sprouts, cauliflower, beet, blueberry, celery, grape, grapefruit, kale, plum, raspberry, spinach, strawberry, watermelon, radish, lemon, lime, cantaloupe, cherry, leek, onion, papaya, peach, pear	2 mg	*	*

SYMMETRY

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Preferred Customers are the customers of Symmetry products who have taken advantage of Symmetry's Preferred Customer discounts by paying an annual membership fee and agreeing to a monthly autoship. Preferred customers receive a monthly order that can be modified online.

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Ultra Vitality Nutra Pack

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UltraSlym Pack
Carbless
Simply Slym
Liposorb
Wow Smoothie
WOW Pack

Skin Care

Skin Renewal Caplets
Skin Essentials
- Facial Cleanser
- Daily Moisturizer
- Hand/Body Lotion
- Firming Serum

Natural Soap

Botanic Gold

Protection 4 Life with Genesis
Protection 4 Life with Aloe Plus
Protection 4 Life with New
Attitude
Vitality System

Cleanse Products

BotanaCleanse
BotanaCleanse Plus
ParaCleanse

Children and Kids Daily

Fruitamins
Future Star

Bundles

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Joint Support
Stress Bundle
Winter Bundle

Water Filter

Countertop Water Filter

Advanced Omega
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Calcium Coverage

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Aphrodisia 136
Bio Infinity
Botana-E
Botana-C
Botana-G
BotanaLax
Cardio Essentials
Clarity
Cold RX
Ease GM
Immunity
Glucosamine Formula
New Attitude
Neurocalm
Optibreathe
Tranquility

Our name "Symmetry" was chosen because it means "beauty resulting from balanced or harmonious arrangement", and this describes our Herbal and Nutritional Health supplements. All of our products are manufactured with the most advanced techniques and under stringent guidelines to ensure that you get the freshest, purest, and best quality Fruit A-Mins product possible. Through research, education, and a sincere concern for planet Earth, you, and your family's health, joy, and well being.

All information presented on these web pages is not meant to diagnose, prescribe, or to administer to any physical ailments. In all matters related to your health please contact a qualified, licensed practitioner.

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