Recommended Dose: Take 2 capsules daily with meals or as recommended by your health professional. Warning: If you are pregnant or lactating, have any health condition or are taking any medication. consult your health professional before use. Keep out of the reach **of children.** Use only if safety seal is intact. Store in a cool, dry place.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

quality excellence

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Orti B **Dietary Supplement**

Broad spectrum Vitamin B complex[‡]

180 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 2 Capsules Servings per Container 90

A	mount	Per Serving	% DV
Thiamin (as thiamin hydrochloride)		75 mg	6,250%
Riboflavin		75 mg	5,769%
Niacin (as niacinamide)		120 mg	750%
Vitamin B _ه (as pyridoxine hydrochloride)		75 mg	4,412%
Folate (as folic acid)	667 mcg DFE (400 mcg folic acid)		167%
Vitamin B ₁₂ (as adenosylcobalamin/methylcobal	amin)	100 mcg	4,167%
Biotin		300 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate)		125 mg	2,500%
Choline (as choline bitartrate)		50 mg	9%
Inositol		50 mg	*
* Daily value (DV) not established			

Other ingredients: Hypromellose, cellulose, hyprolose, ascorbyl palmitate, silica