Recommended Adult Dose: Take one capsule daily with a meal or as recommended by your healthcare practitioner. Guaranteed to contain no added wheat. starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. The capsules are made from 100% pure vegetable sources, free of preservatives and additives. Quality Assurance: Safetysealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.





## Orti B



Supplement Facts		
Serving Size 1 Capsule Servings per Container 90		
Each Capsule Contains		% DV
Thiamin (thiamin hydrochloride)	75 mg	5000%
Riboflavin	75 mg	4412%
Niacin (niacinamide)	120 mg	600%
Vitamin B <sub>6</sub> (pyridoxine hydrochloride)	75 mg	3750%
Folic Acid	400 mcg	100%
Vitamin B <sub>12</sub> (cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (calcium <i>d</i> -pantothenate)	125 mg	1250%
Choline (choline bitartrate)	50 mg	*
Inositol	50 mg	*
* Daily Value (DV) not established		

Other ingredients: Hypromellose, silica, magnesium stearate