Recommended Adult Dose: Take one capsule three times daily with meals, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. Risk Information: If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. Zinc supplementation can cause copper deficiency. Guaranteed to contain no added wheat, starch, yeast, gluten, corn, soy, 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: Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a V10 118 cool, dry place.



BARCODE LOCATION 883196 12250



Orti C VITAMIN-MINERAL SUPPLEMENT

90 Vegetable Capsules

Supplement Facts Serving Size 1 Capsule

Servings per Container 90

Each Capsule Contains		% DV
Vitamin C (ascorbic acid)	500 mg	833%
Calcium (calcium carbonate/ascorbate)	5 mg	1%
Magnesium (magnesium oxide)	5 mg	1%
Zinc (zinc oxide)	5 mg	33%
Potassium (potassium chloride)	5 mg	<1%
Hesperidin (from Citrus sinensis fruit)	50 mg	*
Green Tea (Camellia sinensis) Leaf/Shoot	22.5 mg	*
Green Tea (<i>Camellia sinensis</i>) Leaf/Shoot Std. Extract (45% Epigallocatechin-3-gallate)	17.5 mg	*
Rutin (from <i>Dimorphandra mollis</i> seed pod)	10 mg	*
* Daily Value (DV) not established		

Other ingredients: Hypromellose, magnesium stearate, silica