

Recommended Adult Dose: Take one capsule daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding, do not use. If you have an allergy to latex or fruits, consult your healthcare practitioner. Hypersensitivity/allergy, nausea, vomiting and diarrhea have been known to occur; in which case, discontinue use. **Guaranteed** to contain no added wheat, gluten, artificial coloring or flavoring or dairy products. **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 cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

V1.0 **128**

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GENESTRA BRANDS

Super Orti Vite

VITAMIN-MINERAL SUPPLEMENT

120 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 120

Each Capsule Contains		% DV	Each Capsule Contains		% DV
Vitamin A (vitamin A palmitate/ 67% beta-carotene)	3750 IU	75%	Magnesium (magnesium aspartate/oxide)	20 mg	5%
Vitamin C (niacinamide ascorbate)	100 mg	167%	Zinc (zinc citrate)	5 mg	33%
Vitamin D (cholecalciferol)	25 IU	6%	Selenium (selenium HVP ▲ chelate)	25 mcg	36%
Vitamin E (d-alpha tocopheryl succinate)	75 IU	250%	Manganese (manganese citrate)	5 mg	250%
Thiamin (thiamin mononitrate)	25 mg	1667%	Chromium (chromium nicotinate)	25 mcg	21%
Riboflavin	15 mg	882%	Potassium (potassium citrate)	5 mg	<1%
Niacin (niacinamide ascorbate/ niacinamide)	38 mg	190%	Inositol	10 mg	*
Vitamin B ₆ (pyridoxine hydrochloride/ pyridoxal-5-phosphate)	15.5 mg	775%	Choline (choline bitartrate)	10 mg	*
Folic Acid	100 mcg	25%	L-Cysteine	10 mg	*
Vitamin B ₁₂ (cyanocobalamin)	25 mcg	417%	Papain fruit (<i>Carica papaya</i>)	5 mg / 60 000 USP	*
Biotin	75 mcg	25%	Stem Bromelain (from <i>Ananas comosus</i>)	5 mg / 6 MCU	*
Pantothenic Acid (calcium d-pantothenate)	25 mg	250%	Lemon (<i>Citrus limon</i>) Fruit/Peel Std. Extract (50% Bioflavonoids)	3.75 mg	*
Calcium (calcium citrate/carbonate)	50 mg	5%	Coenzyme Q ₁₀ (yeast fermentation)	1 mg	*
Iron (carbonyl iron)	4.5 mg	25%			
Iodine (from kelp)	56 mcg	37%			

Other ingredients: Hypromellose, magnesium stearate, cellulose, silica