

# ORTHO B COMPLEX PRODUCT INFO SHEET



## Description

Ortho B Complex is a comprehensive vitamin B supplement for cardiovascular health.

## Ingredients

Homocysteine is an amino acid and is a normal intermediate in methionine metabolism in the body. When excess homocysteine is made and not converted into methionine it is excreted into the blood. Research suggests that high homocysteine levels can lead to cardiovascular health issues.

B vitamins play an intricate role in homocysteine metabolism. A combination of folic acid, vitamin B12 and vitamin B6 are most often used to help reduce homocysteine levels naturally. Folic acid is required for the conversion of homocysteine to methionine while vitamin B12 is a required co-factor in the conversion of homocysteine to methionine via the folate pathway. Vitamin B12 deficiency is also common in the elderly and vegetarians.

B vitamins have also been used to help support energy production in the body. Many Americans supplement their diets with B vitamins to give them a "boost" throughout their day.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

1 capsule contains	Amount Per Serving	% Daily Value
Thiamine (B1 from Thiamine HCl USP)	50 mg	3,333%
Vitamin B2 (as Riboflavin USP, Riboflavin 5 Phosphate USP)	50 mg	2,941%
Niacin (as Niacinamide USP)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl USP, Pyridoxal 5'-Phosphate)	50 mg	2,500%
Folic Acid	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	200 mcg	3,333%
Biotin	75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	500%
Choline Bitartrate USP	50 mg	*
Inositol	50 mg	*

\* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #110090 ~ 90 Capsules  
ID #110180 ~ 180 Capsules

## Dosage

**SUGGESTED USE:** 1 or more capsules per day or as recommended by your health care professional.

## Contraindications

*If you are pregnant or nursing, consult your health care professional before taking this product.*

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*