

PRO Ortho Core™

A comprehensive everyday multivitamin

- General health
- Foundational nutrition
- Sports nutrition
- Anti-aging



 Vegan  Non-GMO  Gluten Free

PRODUCT DESCRIPTION

Pro Ortho-Core® contains a broad spectrum of vitamins, minerals and phytonutrients in their most effective forms and doses available. Vitamin A is included with a variety of carotenoids; Bioflavonoids are included to enhance Vitamin C activity. As well, all eight types of vitamin E are included in their natural forms and ratios.

Combined in this formula are a number of health-enhancing phytonutrients including grape seed extract, EGCG, lipoic acid and coenzyme Q10.

AOR ADVANTAGE

Pro Ortho Core® is carefully formulated to provide balanced ratios, safe and effective doses, and the most bioavailable forms of nutrients, all supported by research. The formula is then enhanced with some of the most biologically active and important antioxidants and phytonutrients known in order to make AOR's Pro Ortho Core™ the ultimate multivitamin for maintaining good health.

NPN: 80025762

180 capsules

AOR 34021

Serving Size:

Six capsules

Adult Dosage:

Take six capsules daily with meals, or as directed by a qualified health care practitioner. Take a few hours before or after taking other medications.

Cautions:

Consult a health care practitioner prior to use if you're pregnant, breastfeeding, taking blood thinners, blood pressure medication, antibiotics, nitroglycerin, have diabetes, cystinuria, liver disorder, or if you have an iron deficiency. Discontinue use and consult a health care practitioner if you experience sweating, paleness, chills, headache, dizziness and/or confusion (as these may be symptoms of serious low blood sugar); if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Consult a health care practitioner if you develop symptoms of liver trouble or for use beyond 12 weeks. This product contains corn and soy derived ingredients, do not use if you have such allergies.

Complementary Products:

Pro Andrographis, Pro Destress, Pro Adrenal Glandular

Medicinal Ingredients:**VITAMINS:**

Vitamin A Complex	200 mcg
Retinol (Palmitate)	110 mcg RAE
Natural Source Mixed Carotenoids	
- Betacarotene	1.8 mg
- Cryptoxanthin	250 mcg/208 UI
- Lutein	6.8 mg
- Astaxanthin	2 mg
- Lycopene	5 mg
Vitamin B Complex:	
B1 thiamin (benfotiamine)	9 mg
B2 (riboflavin)	2.5 mg
B3 (niacin - from 126 mg inositol hexanicotinate)	115 mg
B5 (as d-Ca pantothenate)	100 mg
B6 (as pyridoxal-5'-phosphate)	100 mg
B12 (as methylcobalamin)	647 mcg
Folic Acid (as calcium L-5-MTHF)	800 mcg
Biotin	300 mcg
Choline (from choline bitartrate)	100 mg
Inositol	100 mg
Vitamin C Complex:	
Vitamin C (from magnesium ascorbate)	120 mg
Mixed citrus bioflavonoids	25 mg
Quercetin (from <i>Dimorphandra mollis</i>)	65 mg
Vitamin D3 (as cholecalciferol, vegan)	85 mcg/1000 UI
Vitamin E Complex:	
Mixed tocopherols	99.6 mg
- Alpha-tocopherol	13.8 mg
- Gamma-tocopherol	58.2 mg
- Delta-tocopherol	27.6 mg
Mixed tocotrienols	10 mg
- Alpha-tocotrienol	3 mg
- Gamma-tocotrienol	5.5 mg
- Delta-tocotrienol	1.5 mg
Vitamin K2 (menatetrenone)	120 mcg
MINERALS:	
Boron (from boron citrate)	700 mcg
Calcium (from calcium carbonate, citrate malate)	300 mg
Chromium (from chromium picolinate)	100 mcg
Copper (from copper citrate and sodium copper chlorophyllin)	1.5 mg
Iodine (from potassium iodide)	150 mcg
Magnesium (from magnesium aspartate, oxide, and ascorbate)	210 mg
Potassium (from potassium chloride and iodide)	50 mg
Manganese (from manganese bisglycinate)	2.3 mg
Molybdenum (from Na molybdate)	45 mcg
Selenium (as selenomethionine)	55 mcg
Silicon (from Na metasilicate)	25 mg
Vanadium (from vanadium citrate)	18 mcg
Zinc (citrate)	11 mg
Phytonutrients and Antioxidants	
<i>trans</i> -resveratrol	1.8 mg
Grape seed extract (≥95% oligomeric proanthocyanidins)	100 mg
(R)-alpha-lipoic acid	150 mg
Coenzyme Q10 (as ubiquinone)	30 mg
Green tea extract (≥45% EgCG, ≤1% caffeine)	140 mg
N-acetylcysteine (NAC, vegan)	200 mg

Non-Medicinal Ingredients:

Zeaxanthin, chlorophyllin copper complex, tocopherols, coconut, olive & palm oils, esters of fatty acids, starch (pea, rice, soy), cellulose gum, acacia gum, sodium alginate, ascorbyl palmitate, sucrose, silicon dioxide, dicalcium and tricalcium phosphate, dextrin, maltodextrin, hydroxypropyl cellulose, microcrystalline cellulose, talcum, magnesium trisilicate, glycine, aspartic acid and citric acid.
Capsule: hypromellose.