

PROTOCOL
FOR LIFE BALANCE™

Ortho Multi™ for Men

Saw Palmetto, Lycopene, Ginseng
Lutein, CoQ10, ZMA® Zinc
& Nettle Extract

10% of profits donated for health research

90 vcaps®

A Dietary Supplement Vegetarian Formula



Supplement Facts

Serving Size 3 Vcaps®

Servings Per Container 30

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 6 mcg)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	350 mg	580%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (from d-alpha Tocopheryl Succinate)	200 IU	670%
Vitamin K (as Phytionadione)	50 mcg	60%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1670%
Riboflavin (Vitamin B-2)	25 mg	1470%
Niacin (Vitamin B-3) (from Nicotinamide 50 mg and Inositol Hexanicotinate)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4170%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium d-Pantothenate)	100 mg	1000%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	350 mg	35%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate and ZMA®)	100 mg	25%
Zinc (from ZnMax® (Zinc Picolinate) and ZMA®)	30 mg	200%
Selenium (from L-Selenomethionine)	200 mcg	290%
Copper (from Copper AAC*)	500 mcg	25%
Manganese (from Manganese AAC*)	3 mg	150%
Chromium (from Chromium Chelavite®)	200 mcg	170%
Molybdenum (from Molybdenum AAC*)	150 mcg	70%
Potassium (from Potassium Chloride)	50 mg	1%

Saw Palmetto Extract (Berries) (Serenoa repens) (min. 45% Fatty Acids)	160 mg	†
Panax Ginseng Extract (Roots) (min. 5% Ginsenosides)	100 mg	†
ZMA®	55 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	50 mg	†
Kelp (Laminaria digitata) (Whole Plant)	45 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24% Ginkgoliposavonoglycosides)	30 mg	†
Nettle Extract (Root) (Urtica dioica) (min. 30 ppm Scopolin)	25 mg	†
Grape Seed Extract (Vitis vinifera) (min. 90% Total Polyphenols)	25 mg	†
Inositol (from Inositol Granules and Inositol Nicotinate)	25 mg	†
Bromelain (2400 GDU)	25 mg	†
Lipase (80,000 FCC)	12.5 mg	†
Papain (2000 USP)	12.5 mg	†
Amylase (5000 FCC)	5 mg	†
CoQ10 (as Ubiquinone)	5 mg	†
Lycopene (from Natural Tomato Extract)	1 mg	†
Boron (from Boron AAC*)	1 mg	†
Lutein (from FloraGLO®)	500 mcg	†
Vanadium (from Vanadium AAC*)	100 mcg	†

† Daily Value not established.

Other ingredients: Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source), Maltodextrin and Silica.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431
Made in the U.S.A. www.protocolforlife.com

Contains soy derivative. Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.
AAC* = Amino Acid Chelate Vegetarian/Vegan Product.

Do Not Eat Freshness Packed. Keep in Bottle.
Store in a cool, dry place. Please Recycle.

Peel Here
for more information

Not all multi-vitamins are created equally. Ortho Multi™ for Men offers a complete array of vitamins and minerals in an exceptionally comprehensive formula designed just for men, particularly those with prostate, cardiovascular and eye health in mind.*

By supplementing the diet with additional vitamins and minerals, multi-vitamins can be a valuable tool for those with dietary imbalances or different nutritional needs. People with dietary imbalances may include those on restrictive diets or those who can't or simply don't wish to eat a nutritious diet.

Ortho Multi™ for Men contains Saw Palmetto Extract, Nettle Root Extract, Panax Ginseng, ZMA® (a patented form of Zinc), Ginkgo Biloba Extract, IVC-O-MATTO® Lycopene and FloraGLO® Lutein. All nutrients to enhance men's health, in a complete multiple vitamin and mineral formulation.*

Many medical and nutritional experts advise most adults to take a daily multi-vitamin. The medical journal JAMA has agreed. In the current age, when nutrients in foods are depleted from soil exhaustion, selection of varieties determined primarily for non-nutritive growth and handling characteristics, and long transport and storage times, the estimated 90% of Americans that fail to eat properly as per the USDA Food Pyramid often seek some "insurance" to maintain healthy levels of essential nutrients in their diet. A multi-vitamin is the ideal way to add these balanced nutrients to our diet.*

Cautions and Interactions
Supports general nutritional status. There are no special safety concerns when used as directed.

Guaranteed Quality
This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

This product contains an Agless® anti-oxygen packet to enhance protection during storage.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with meals.

Formulated with saw palmetto, lycopene, ginseng, lutein, CoQ10, bioavailable zinc, and nettle extract, Protocol For Life Balance™ Ortho Multi™ for Men provides nutritional support not just for general health, but where it especially counts for men: prostate, cardiovascular and eye health.*

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