

	Amount Per Serving	%Daily Value
Spirulina Algae (Hawaiian)	250 mg	†
Dong Quai Extract (4:1) (Root)	100 mg	†
Eleuthero (Eleutherococcus senticosus) (4:1 Extract) (Root)	100 mg	†
Betaine HCl	100 mg	†
Multi-Enzyme Blend	100 mg	†
Wild Yam Root Extract (6% Diosgenin)	50 mg	†
Royal Jelly (Freeze-Dried) (6% HDA)	50 mg	†
Silica (from Silico-Dioxide)	50 mg	†
Soy Isoflavones (min. 40%) (Genestein, Daidzein and Glycitein)	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
IPRIFlavone	25 mg	†
Boron (from Amino Acid Chelate)	1 mg	†
Chasteberry (Vitis Extract)	50 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

Contains no sugar, salt, starch, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Ferrochel® and Chelavite® are registered trademarks of Albion Labs. AACC® = Amino Acid Chelate. Vcaps® is a registered trademark of Capsugel.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

KEEP BOTTLE TIGHTLY SEALED.

Natural color variations may occur in this product.

Supplement Facts

Serving Size 6 Vcaps®

Servings Per Container 20

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	300 mg	500%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as α -tocopheryl Succinate)	200 IU	67%
Vitamin K (as Phytanadione)	80 mcg	100%
Thiamine (from Thiamine HCl) (Vit. B-1)	25 mg	1670%
Riboflavin (Vitamin B-2)	25 mg	1470%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	200 mcg	3330%
Biotin	300 mcg	100%
Pantothenic Acid (from D-Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Ascorbate, Calcium Citrate)	500 mg	50%
Iron (from Ferrochel® Ferrous Bisglycinate)	18 mg	100%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate, AAC*)	250 mg	60%
Zinc (from Amino Acid Chelate)	20 mg	130%
Selenium (from L-Selenomethionine)	100 mcg	140%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	10 mg	500%
Chromium (from Chelavite® AAC*)	100 mcg	80%
Molybdenum (from Amino Acid Chelate)	50 mcg	70%
Potassium (from Potassium Chloride)	25 mg	<1%



PROTOCOL
FOR LIFE BALANCE™

Ortho Multi™ for Women

- Comprehensive Formula for Pre-Menopausal Women
- With Ferrochel® Iron

10% of profits donated for health research

120 Vcaps®
A Dietary Supplement

SUGGESTED USAGE: Take 3 Vcaps® twice daily, preferably with meals.

Formulated with with dong quai, royal jelly, ipriflavone, chasteberry and other special herbs and nutrients, Protocol For Life Balance™ Ortho Multi™ for Women provides nutritional support for the female body. It is a complete daily supplement for the maintenance of hormonal health. *All other women's multiples are now obsolete with the introduction of our new Ortho Multi™ for Women.

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

WARNING: Accidental overdose of iron-containing products is a leading cause of poisoning in children. If overdosage is suspected, call your physician immediately. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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Not all multi-vitamins are created equally. Protocol For Life Balance™ Ortho Multi™ for Women offers a complete array of vitamins and minerals in an exceptionally comprehensive formula designed just for women, particularly those with bone and hormonal health in mind.

By supplementing the diet with additional vitamins and minerals, multi-vitamin 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.

Protocol For Life Balance™ Ortho Multi™ for Women contains essential vitamins and minerals, enhanced with Dong Quai, Eleuthero, Wild Yam, Soy Isoflavones, Ipriflavone, Boron, Chasteberry and Royal Jelly.

Iron (from Ferrochel® Ferrous Bisglycinate) is included as a gentle, non-constipating, superior absorbed form of iron.*

Cautions and Interactions

This product contains iron. Accidental overdose of iron-containing product is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children.

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.