

PROTOCOL
FOR LIFE BALANCE™

Ortho Multi Greens™

Multivitamin with Green Superfoods

Iron-Free

180 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	12,500 IU	250%
Vitamin C (from Calcium Ascorbate)	250 mg	415%
Vitamin D (as Ergocalciferol)	100 IU	25%
Vitamin E (from d-alpha Tocopheryl Succinate)	100 IU	333%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	250%
Calcium (from Calcium Ascorbate, Citrate, Carbonate and Pantothenate)	50 mg	5%
Iodine (from Kelp)	75 mcg	50%
Magnesium (from Mag. Oxide and Citrate)	50 mg	13%
Zinc (from Zinc Picolinate)	7.5 mg	50%
Selenium (from L-Selenomethionine)	25 mcg	36%
Copper (from Amino Acid Chelate)	0.25 mg	13%
Manganese (from Amino Acid Chelate)	2.5 mg	125%
Chromium (from Chromium Picolinate)	50 mcg	42%
Molybdenum (from Amino Acid Chelate)	25 mcg	33%
Potassium (from Potassium Chloride)	12.5 mg	< 1%

Boron (from Amino Acid Chelate)	0.5 mg †
Vanadium (from Amino Acid Chelate)	25 mcg †
Organic Spirulina	125 mg †
Organic Barley Grass	125 mg †
Organic Chlorella (Broken Cell Wall)	50 mg †
Organic Wheat Grass	50 mg †
Alfalfa Juice Concentrate	50 mg †
Green Tea Extract (40% Catechins) (Leaf)	25 mg †
Choline (from Choline Bitartrate)	25 mg †
Inositol	25 mg †
PABA	15 mg †
Trace Mineral Concentrate	50 mg †
Panax Ginseng Ext. (5% Ginsenosides) (Root)	50 mg †
Citrus Bioflavonoids	25 mg †
Rutin	12.5 mg †
Bromelain (2400 GDU/g) (from Pineapple)	20 mg †
Papain (2000 USP/mg) (from Papaya)	12.5 mg †
Protease Blend (2000 SAP/g & 200 LAP/g)	12.5 mg †
Lipase (80,000 LU/g)	12.5 mg †
Amylase (5000 SKB/g)	5 mg †

† Daily Value not established.

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

Contains wheat. Vitamin E from soy.

Manufactured by Protocol For Life Balance™

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Not manufactured with yeast, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

SUGGESTED USAGE: As a dietary supplement, take 2 capsules daily with food, or as directed by a health care practitioner.

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. Some ingredients in this formula may affect with the absorption or metabolism of medications. If you are taking any pharmaceutical medications, consult your healthcare practitioner before taking this product. If you are pregnant or lactating, consult your healthcare practitioner before taking this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.



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