

SUGGESTED USAGE: As a dietary supplement, take 4 capsules daily in divided doses with meals or as directed by your healthcare practitioner.

HOW IT WORKS: Iron-Free Ortho Multi™ Women's 40+ provides balanced nutrition for the support of total body wellness for menopausal and post-menopausal women.* In addition to a full range of daily vitamins and minerals, Ortho Multi™ Women's 40+ supplies free radical fighting ingredients such as CoQ10, Alpha Lipoic Acid, Lutein and Lycopene to help fight the ravages of aging.* Calcium, Magnesium, Zinc, Boron, Vitamins D and K have also been included as key bone building nutrients. This comprehensive and completely vegetarian formula features chelated minerals, as well as coenzyme forms of B6 and B12 for enhanced bioavailability.*

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. This product contains Vitamin K, which is contraindicated in individuals taking warfarin. Some ingredients in this formula may affect 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. For more information on this product go to www.protocolforlife.com/P3798

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

PROTOCOL
FOR LIFE BALANCE®

Ortho Multi™ Women's 40+

- Iron-Free Formula for Post-Menopausal Women*
- With Cranberry and Superfruits-Acai, Mangosteen, and Pomegranate

120 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 30

	Amount Per Serving	%Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%
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)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate (Aquamin® TG Red Algae Sea Minerals) and Calcium Ascorbate)	250 mg	25%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Aquamin® TG Red Algae Sea Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%

Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	<1%
Cranberry (Vaccinium macrocarpon) (Fruit) (Standardized to min. 6% Quinic Acid)	100 mg	†
Pomegranate Extract (Fruit) [min. 40% Punicalagins (Punicosides A and B)]	50 mg	†
Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg	†
Mangosteen Extract (Fruit Peel) (Garcinia mangostana) (min. 10% Mangostin)	50 mg	†
CoQ10 (Coenzyme Q10)	30 mg	†
Alpha Lipoic Acid	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
Aloe Vera (Leaf) (200:1 Concentrate)	25 mg	†
Lycopene (from Natural Tomato Extract)	500 mcg	†
Lutein (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Stearic Acid (vegetable source) and Silica.
Vitamin E from soy.

Manufactured by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.
Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place after opening. Please Recycle.

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