SUGGESTED USAGE: As a dietary supplement, take 2 softgels daily, preferably with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Protocol For Life Balance™ Ortho Multi™ softgels is a complete vitamin and mineral complex fortified with lutein, lycopene and flax seed oil. It provides all the daily required vitamins and minerals in a bioavailable high potency and fast absorption form to support general health and well-being.\*

CAUTIONS/INTERACTIONS: WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately. For more information on this product go to www.protocolforlife.com/P3816.

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners. Manufactured in an Arated Good Manufacturing Certified facility.

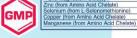
## Ortho Multi"

With Organic Flax Seed Oil

- High Potency Fast Absorption
- Contains Natural Lutein & Lycopene
  - Easy to Swallow

90 Softgels

A Dietary Supplement



## Supplement Facts Serving Size 2 Softgels Servings Per Container 45

Amount Per %Daily Serving Value Calories from Fat Total Fat 0.8 g Trans Fat Polyunsatured Fat Vitamin A Ifrom 40% Retinyl Palmitate 10,000 IU & 60% Beta-Carotene (as pro-Vitamin A 3.6 mg) Vitamin C (as Ascorbic Acid) 300 mg Vitamin D (as Cholecalciferol) 400 IU 100% Vitamin E (as d-alpha Tocopherol) 400 IU 1330% Thiamine (from Thiamine HCI) (Vitamin B-1) 50 mg 3330% Riboflavin (Vitamin B-2) 50 mg 29409 Niacin (as Niacinamide) (Vitamin B-3) 50 mg 250% Vitamin B-6 (from Pyridoxine HCI) 50 mg 2500% 800 mgg 200% Vitamin B-12 (as Cyanocobalamin) 100 mcg 1670% 300 mcg 100% Pantothenic Acid 50 mg 500% (from Calcium d-Pantothenate) Calcium (from Calcium Carbonate 100 ma Calcium Citrate and Calcium AAC\*\* Iron (from Ferrochel® Bisglycinate AAC\*\*) 9 mg 50% lodine (from Potassium lodide) 150 mcg 100% Magnesium (from Magnesium Oxide 100 mg and Magnesium Citrate) 15 mg 100% Zinc (from Amino Acid Chelate)

70 mcg 100%

1 mg 50%

2 mg 100%

Chromium (from Amino Acid Chelate)	120 mcg	100%
Molybdenum (from Sodium Molybdate	) 25 mcg	33%
Potassium (from Potassium Chloride)	25 mg	< 1%
Organic Flaxseed Oil (Linum usitatissimum)	800 mg	1
Alpha Lipoic Acid	50 mg	1
PABA	50 mg	
Inositol	25 mg	1
Boron (from Boron Citrate)	500 mog	1
Lutein (from Marigold Extract)	250 mog	1
Lycopene (from Natural Tomato Extract	250 mcg	-
Vanadium (from Vanadyl Sulfate)	25 mog	- 1

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob) Soy Lecithin, Beeswax. Carob and Natural Vanilla Extract.

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

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

AAC\*\* = Amino Acid Chelate

† Daily Value not established.

Iron Ferrochel® is a registered trademark of Albion

Natural color variations may occur in this product. \*This statement has not been evaluated by the FDA. This product is not intended to diagnose. treat, cure or prevent any disease.

Store in a cool, dry place. Please Recycle.





