

**SUGGESTED USAGE:** As a dietary supplement, take 3 Vcaps® daily with food, or as directed by your healthcare practitioner.

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

**CAUTIONS/INTERACTIONS:** No general cautions. For more information on this product go to [www.protocolforlife.com/P3878](http://www.protocolforlife.com/P3878).

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

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

This bottle contains an Ageless® oxygen absorbing packet to ensure freshness. Do not eat Packet. KEEP BOTTLE TIGHTLY SEALED.

ZMA® is a registered trademark of SNAC Systems, Inc. and is available from InterHealth Nutraceuticals, Inc.; FloraGLO® is a registered trademark of Kemin Industries, Inc.; Chromium Chelavite® is a registered trademark of Albion Labs.; Vcaps® is a registered trademark of Capsugel; ZinMax® is a registered trademark of Nutrition 21.

**PROTOCOL**  
FOR LIFE BALANCE™

# Ortho Multi™ for Men

**IRON  
FREE**

Saw Palmetto, Lycopene, Ginseng  
Lutein, CoQ10, ZMA® Zinc  
& Nettle Root Extract  
**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 mg)	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 Phytonadione)	50 mcg	60%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1670%
Riboflavin (Vitamin B-2)	25 mg	1470%
Niacin (Vitamin B-3) (as Niacinamide)	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 ZinMax® (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*)	50 mcg	70%
Potassium (from Potassium Chloride)	50 mg	1%

Saw Palmetto Extract (Berries) ( <i>Serenoa repens</i> ) (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 ( <i>Laminaria digitata</i> ) (Whole Plant)	45 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24% Ginkgolactones)	30 mg	†
Nettle Extract (Root) ( <i>Urtica dioica</i> )	25 mg	†
Grape Seed Extract ( <i>Vitis vinifera</i> ) (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](http://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.**



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