

PROTOCOL
FOR LIFE BALANCE®

Ortho Multi™ Greens

Multivitamin with Green Superfoods
Iron-Free

180 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



SUGGESTED USAGE: As a dietary supplement, take 2 capsules daily with food, or as directed by a healthcare 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. For more information on this product go to www.protocolforlife.com/P3788

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, Carbonate and Citrate)	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 Copper Bisglycinate) (TRAACS®)	0.25 mg	13%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2.5 mg	125%
Chromium (from Chromium Picolinate)	50 mcg	42%
Potassium (from Potassium Chloride)	12.5 mg	< 1%

Organic Spirulina	125 mg †
Organic Chlorella (Broken Cell Wall)	50 mg †
Alfalfa Juice Concentrate	50 mg †
Green Tea Extract (Leaf)	25 mg †
Choline (from Choline Bitartrate)	25 mg †
Inositol	25 mg †
PABA	15 mg †
Panax Ginseng Extract (Root)	50 mg †
Citrus Bioflavonoids	25 mg †
Rutin Powder	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, Stearic Acid (vegetable source) and Molybdenum (Sodium Molybdate).

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.

TRAACS® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 7,838,042 and patents pending.

Do Not Eat Freshness Packet. Keep in Bottle.

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



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