

SUGGESTED USAGE: As a dietary supplement, take 2 softgels daily, preferably with food, or as directed by your health-care 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 health-care practitioners. Manufactured in an A-rated Good Manufacturing (GMP) Certified facility.

PROTOCOL
FOR LIFE BALANCE™

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 Serving	%Daily Value
Calories	10	
Calories from Fat	8	
Total Fat	0.8 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	0.5 g	†
Vitamin A [from 40% Retinyl Palmitate & 60% Beta-Carotene (as pro-Vitamin A 3.6 mg)]	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopherol)	400 IU	1330%
Thiamine (from Thiamine HCl) (Vitamin B-1)	50 mg	3330%
Riboflavin (Vitamin B-2)	50 mg	2940%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1670%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium d-Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**)	100 mg	10%
Iron (from Ferrochel® Bisglycinate AAC**)	9 mg	50%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	100 mg	25%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from L-Selenomethionine)	70 mcg	100%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	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 (<i>Linum usitatissimum</i>)	800 mg	†
Alpha Lipoic Acid	40 mg	†
PABA	50 mg	†
Inositol	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Lutein (from Marigold Extract)	250 mcg	†
Lycopene (from Natural Tomato Extract)	250 mcg	†
Vanadium (from Vanadyl Sulfate)	25 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

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

Iron Ferrochel® is a registered trademark of Albion Labs.

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.



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