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: WARN-NG: 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 immediatey. 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.

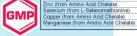


Ortho Multi"

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 %Dails Serving Value Calories Calories from Eat Total Fat Trans Fat Polyunsatured Fat Vitamin A (from 40% Retinyl Palmitate 10.000 IU & 60% Beta-Carotene (as pro-Vitamin A 3.6 mg)] Vitamin C (as Ascorbic Acid) 300 mg 100% Vitamin D (as Cholecalciferol) 400 IU 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 2940% Niacin (as Niacinamide) (Vitamin B-3) 50 mg 250% Vitamin B-6 (from Pyridoxine HCI) 50 mg 2500% Folic Acid 800 mcg 200% Vitamin B-12 (as Cyanocobalamin) 100 mcg 1670% 300 mcg 100% Pantothanic Acid 50 mg 500° (from Calcium d-Pantothenate) Calcium (from Calcium Carbonate, 100 mg Calcium Citrate and Calcium AAC** Iron (from Ferrochel® Bisglycinate AAC**) 50% 9 mg lodine (from Potassium Iodide) 150 mcg Magnesium (from Magnesium Oxide 100 mg and Magnesium Citrate) Zinc (from Amino Acid Chelate) 15 ma 100% Selenium (from L-Selenomethionine) 70 mcg 100% Copper (from Amino Acid Chelate) 1 mg

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	t
Alpha Lipoic Acid	40 mg	1
PABA	50 mg	+
Inositol	25 mg	1
Boron (from Boron Citrate)	500 mcg	1
Lutein (from Marigold Extract)	250 mcg	1
Lycopene (from Natural Tomato Extract)		†
Vanadium (from Vanadyl Sulfate)	25 mcg	+

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.

* Percent Daily Values are based on a 2,000 calorie die

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

AAC ** = Amino Acid Chelate Iron Ferrochel® is a registered trademark of Albion

† Daily Value not established

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.

CODE P3816T

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