

SUGGESTED USAGE: Take 2 softgels daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Ortho Multi™ Softgels for Men delivers balanced nutrition for the support of optimal wellness and vitality.* In addition to a full range of daily vitamins and minerals, Ortho Multi™ Softgels for Men includes broad-spectrum free radical defense, with CoQ10, alpha lipoic acid, grape seed extract, lycopene, and lutein.* Saw palmetto extract, plant sterols and lycopene are included in this formula to support a healthy prostate.* This comprehensive formula features chelated minerals, as well as coenzyme forms of B-6 and B-12 for maximal bioavailability.

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. This product contains vitamin K, which is contraindicated in individuals taking warfarin. Saw palmetto may interact with anticoagulant and antiplatelet agents, including some OTCs such as NSAIDs and some herbs such as garlic, ginkgo, curcumin and others. Some ingredients in this formula may affect the absorption or metabolism of medications. If you are taking anticoagulant or other pharmaceutical medications, consult your healthcare practitioner before taking this product.

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



PROTOCOL
FOR LIFE BALANCE®

Ortho Multi™ Softgels for Men

IRON
FREE

- With Saw Palmetto, Plant Sterols, Lycopene, Pumpkin Seed Oil and TRAACS® Minerals
- Easier to Swallow and Absorb

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	10	
Total Fat	1 g	2%*
Vitamin A (60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	35 mg	175%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	6%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from Selenium Glycinate Complex) (Albion®)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	0.5 mg	25%

Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Glycinate) (TRAACS®)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (from Natural Tomato Extract) (LYC-O-MATO®)	3 mg	†
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) (Bark) Oil.

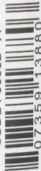
Contains soy.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
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Natural color variation may occur in this product.

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