

SUGGESTED USAGE: Take 3 softgels daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Ortho Multi™ Softgels for Women offers balanced nutrition for the support of total body wellness.* In addition to a full range of daily vitamins and minerals, Ortho Multi™ Softgels for Women has free radical-fighting ingredients such as CoQ10, alpha lipoic acid, lutein and lycopene to help fight the ravages of aging.* Calcium, magnesium, zinc, and vitamins D and K are also included as key bone-building nutrients.*

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. This product contains vitamin K, which is contraindicated in individuals taking warfarin. Some ingredients in this formula may affect the absorption or metabolism of medications. If you are pregnant/nursing or taking any pharmaceutical medications, consult your healthcare practitioner before taking this product.

*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.

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.



**PROTOCOL
FOR LIFE BALANCE®**

Ortho Multi™ Softgels for Women

- With Evening Primrose Oil, Cranberry, Green Tea and TRAACS® Minerals
- Easier to Swallow and Absorb

90 Softgels

A Dietary Supplement

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%*
Protein	1 g	2%*
Vitamin A (100% as Beta-Carotene) (BetaCarotene®)	5000 IU	100%
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin D-3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menadiquinone and Phytanadione)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	125%
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)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Aquamin® Seaweed Derived Minerals, Cal. Carbonate, Ascorbate, Pantothenate)	140 mg	14%
Iron (from Ferrous Bisglycinate) (Ferrochel®)	6 mg	33%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Mag. Citrate, Mag. Oxide and Aquamin® Seaweed Derived Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from Selenium Glycinate Complex) (Albion®)	200 mcg	286%

Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
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%
Evening Primrose Oil (Oenothera biennis) (Seed)	500 mg	
Cranberry Concentrate (Vaccinium macrocarpon) (Fruit)	100 mg	
Honolulu Extract (Equisetum arvense) (Aerial Parts) (min. 8% Silica)	50 mg	
Alpha Lipoic Acid	25 mg	
Choline (from Choline Bitartrate)	25 mg	
Grape Seed Extract (Vitis vinifera)	25 mg	
Green Tea Extract (Camellia sinensis) (Leaf)	25 mg	
Inositol	25 mg	
CoQ10 (as Ubiquinone)	10 mg	
Lycopene (from Natural Tomato Extract) (LYC-O-MATO®)	500 mcg	
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, carotol), Flax Seed Oil, Soy Lecithin and Beeswax.

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Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Natural color variation may occur in this product.

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