

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

HOW IT WORKS: Protocol For Life Balance® Ortho Multi™ is a complete vitamin and mineral complex fortified with lutein, lycopene and flax seed oil. It features all the daily required vitamins and minerals in bioavailable forms to support general health and well-being.*

*This statement has 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.

This product contains Biotin which may interfere with some blood test results. Go to protocolforlife.com/biotinlab for details.

Natural color variation may occur in this product.



**PROTOCOL
FOR LIFE BALANCE®**

Ortho Multi™

- With Flax Seed Oil, Lutein and Lycopene
- Complete Multi-Vitamin and Multi-Mineral

90 Softgels
A Dietary Supplement

Supplement Facts

Serving Size 2 Softgels Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Vitamin A	3,000 mcg (60% as Beta-Carotene and 40% as Retinyl Palmitate)	333%
Vitamin C (as Ascorbic Acid)	300 mg	333%
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopherol)	268 mg	1787%
Thiamin (from Thiamin HCl) (Vitamin B-1)	50 mg	4167%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC***)	100 mg	8%
Iron (from Ferrous Bisglycinate) (Ferrochel™)	9 mg	50%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	100 mg	24%
Zinc (from Zinc AAC***)	15 mg	136%
Selenium (from L-Selenomethionine)	70 mcg	127%
Copper (from Copper AAC***)	1 mg	111%
Manganese (from Manganese AAC***)	2 mg	87%

Chromium (from Chromium AAC***)	120 mcg	343%
Molybdenum (from Sodium Molybdate)	25 mcg	56%
Potassium (from Potassium Chloride)	25 mg	< 1%
Organic Flaxseed Oil (<i>Linum usitatissimum</i>)	800 mg	†
Alpha Lipoic Acid	10 mg	†
PABA (Para-Aminobenzoic Acid)	50 mg	†
Inositol	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>)	250 mcg	†
Lycopene (from 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.

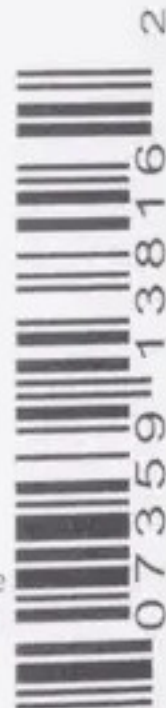
Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Beeswax, Soy Lecithin and Vanilla Extract.

Formulated & Distributed by Protocol For Life Balance
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

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

AAC*** = Amino Acid Chelate

Ferrochel™ is a trademark of Albion Laboratories, Inc.



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