



PROTOCOL
FOR LIFE BALANCE®

Ortho Multi Greens™

- Multivitamin with Green Superfoods
- Iron-Free



180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

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

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. 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.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	3,750 mcg	417%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D (as Ergocalciferol)	2.5 mcg (100 IU)	13%
Vitamin E (from d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Calcium Ascorbate, Carbonate and Citrate)	50 mg	4%
Iodine (from Kelp)	75 mcg	50%
Magnesium (from Mag. Oxide and Citrate)	50 mg	12%
Zinc (from Zinc Picolinate)	7.5 mg	68%
Selenium (from L-Selenomethionine)	25 mcg	45%
Copper (from Copper Bisglycinate) (TRAACS™)	0.25 mg	28%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2.5 mg	109%
Chromium (from Chromium Picolinate)	50 mcg	143%
Molybdenum (from Sodium Molybdate)	25 mcg	56%
Potassium (from Potassium Chloride)	12.5 mg	< 1%

Organic Spirulina	125 mg	†
Organic Chlorella (Broken Cell Wall)	50 mg	†
Alfalfa Juice Concentrate	50 mg	†
Green Tea Extract (Leaf)	25 mg	†
Inositol	25 mg	†
PABA (Para-Aminobenzoic Acid)	15 mg	†
Panax Ginseng (Root)	50 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Rutin Powder (<i>Sophora japonica</i>) (Flower Bud)	12.5 mg	†
Bromelain (2400 GDU/g) (from Pineapple)	20 mg	†
Papain (2000 USP/mg) (from Papaya)	12.5 mg	†
Protease Blend (2000 SAP/g & 200 LAP/g)	12.5 mg	†
Lipase (80,000 LU/g)	12.5 mg	†
Amylase (5000 SKB/g)	5 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Magnesium Stearate (vegetable source), Silicon Dioxide, Microcrystalline Cellulose and Stearic Acid (vegetable source).

Vitamin E from non-GMO soy.

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, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

TRAACS™ is a trademark of Albion Laboratories, Inc.

Natural color variation may occur in this product.

7

0735913788

2

CODE
P3788Z
V7