

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: Individuals with known iodine allergy should take this product with caution. If taking medications or supplements, consult healthcare practitioner before taking this product as it contains vitamin K, saw palmetto, and other ingredients known to affect the absorption, metabolism, and efficacy of some medications including anticoagulants. This product contains biotin which may interfere with some blood test results. Go to protocolforlife.com/biotinlab for details.

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or sesame 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 & 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
Vitamin A (60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate)	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K-1 (as Phytonadione)	35 mcg	29%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	35 mg	219%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	4%
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	136%
Selenium (from Selenium Glycinate)(Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate)	0.5 mg	56%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	343%

Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	167%
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	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (from Tomato Extract) (LYC-O-MATO®)	3 mg	†
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 mcg	†

† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon Bark Powder.

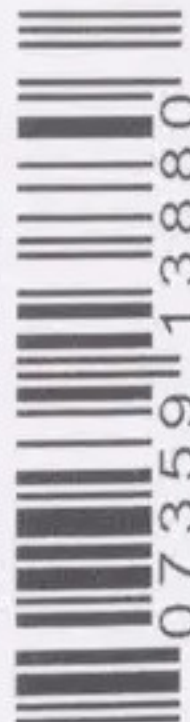
Contains soy.

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Natural color variation may occur in this product.

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