

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

*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	
Total Fat	2 g	3%**
Protein	1 g	
Vitamin A (100% as Beta-Carotene) (Betatene®)	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	200 mg	222%
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 (Vit. B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	156%
Vitamin B-6 [from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P)]	25 mg	1471%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
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 Aquamin® Seaweed Derived Minerals, Calcium Carbonate, Calcium Ascorbate, Calcium Pantothenate)	140 mg	11%
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	24%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%

Selenium (from Selenium Glycinate) (Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%
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%
Evening Primrose Oil (<i>Oenothera biennis</i>) (Seed)	500 mg	†
Cranberry Concentrate (<i>Vaccinium macrocarpon</i>) (Fruit)	100 mg	†
Horsetail Extract (<i>Equisetum arvense</i>) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf)	25 mg	†
Inositol	25 mg	†
CoQ10 (Coenzyme Q10) (as Ubiquinone)	10 mg	†
Lycopene (from Tomato Extract) (LYC-O-MATO®)	500 mcg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 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], Flax Seed Oil, Soy Lecithin and Beeswax.

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.

Natural color variation may occur in this product.

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