

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.

Natural color variation may occur in this product.



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	
Calories from Fat	10	
Total Fat	1 g	2%*
Vitamin A (60% as Beta-Carotene and 40% as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopherol)	400 IU	1333%
Thiamin (from Thiamin HCl) (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**)	100 mg	10%
Iron (from Ferrochel® Bisglycinate AAC**) 9 mg	50%	
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	100 mg	25%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from L-Selenomethionine)	70 mcg	100%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	2 mg	100%

Chromium (from Amino Acid Chelate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	25 mcg	33%
Potassium (from Potassium Chloride)	25 mg	1%
Organic Flaxseed Oil (<i>Linum usitatissimum</i>)	800 mg	†
Alpha Lipoic Acid	30 mg	†
PABA (Para-Aminobenzoic Acid)	50 mg	†
Inositol	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Lutein (from Marigold Extract)	250 mcg	†
Lycopene (from Natural 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, glycerin, water, carob), Beeswax, Soy Lecithin and Natural Vanilla Extract.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
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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

Iron Ferrochel® is a registered trademark of Albion Labs.



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