

SUGGESTED USAGE: Take 3 capsules daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Ortho Multi™ 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™ for Men includes broad-spectrum free radical defense, with CoQ₁₀, Alpha Lipoic Acid, Grape Seed Extract, Natural *trans*-Resveratrol, Lycopene, and Lutein.* Saw Palmetto Extract and Lycopene have been added to this formula to support a healthy prostate.* This comprehensive formula features chelated minerals, as well as coenzyme forms of B₆ and B₁₂ for maximal bioavailability.

CAUTIONS/INTERACTIONS: Iodine may occasionally cause an allergic reaction in some individuals. This product contains Vitamin K, which is contraindicated in individuals taking warfarin. Saw Palmetto may interact with anticoagulant and antiplatelet agents, including some OTCs such as NSAIDs and some herbs such as garlic, ginkgo, curcumin and others. Some ingredients in this formula may affect with the absorption or metabolism of medications. If you are taking anticoagulant or other pharmaceutical medications, consult your healthcare practitioner before taking this product.

Natural color variation may occur in this product.

*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™ for Men

IRON
FREE

- Comprehensive Formula for Men
- With Saw Palmetto, Lycopene & CoQ₁₀

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 30

| | Amount Per Serving | % Daily Value |
|------------------------------------------------------------------------|--------------------|---------------|
| Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate) | 10,000 IU | 200% |
| Vitamin C (from Calcium Ascorbate) | 250 mg | 417% |
| Vitamin D (as Ergocalciferol) | 1,000 IU | 250% |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 150 IU | 500% |
| Vitamin K (as Menaquinone K2 and Phytonadione K1) | 80 mcg | 100% |
| Thiamin (Vitamin B-1) (from Thiamin HCl) | 25 mg | 1667% |
| Riboflavin (Vitamin B-2) | 25 mg | 1471% |
| Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate) | 35 mg | 175% |
| Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P)) | 25 mg | 1250% |
| Folate (as Folic Acid) | 400 mcg | 100% |
| Vitamin B-12 (as Methylcobalamin) | 250 mcg | 4167% |
| Biotin | 300 mcg | 100% |
| Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate) | 50 mg | 500% |
| Calcium (from Calcium Ascorbate and Calcium Citrate) | 50 mg | 5% |
| Iodine (from Potassium Iodide) | 150 mcg | 100% |
| Magnesium (from Magnesium Citrate) | 25 mg | 6% |
| Zinc (from Zinc Picolinate) | 15 mg | 100% |
| Selenium (from L-Selenomethionine) | 200 mcg | 286% |
| Copper (from Copper Bisglycinate) (TRAACS®) | 0.5 mg | 25% |

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|---------------------------------------------------------------------------------------------------|---------|------|
| Manganese (from Manganese Bisglycinate) (TRAACS®) | 2 mg | 100% |
| Chromium (from Chromium Picolinate) | 200 mcg | 167% |
| Molybdenum (from Sodium Molybdate) | 75 mcg | 100% |
| Potassium (from Potassium Chloride) | 25 mg | < 1% |
| Saw Palmetto (Berry) (<i>Serenoa repens</i>) | 160 mg | † |
| Alpha Lipoic Acid | 50 mg | † |
| Organic Aloe Vera (Leaf) (Concentrate) | 50 mg | † |
| Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols) | 25 mg | † |
| Choline (from Choline Bitartrate) | 25 mg | † |
| Inositol | 25 mg | † |
| CoQ ₁₀ (Coenzyme Q ₁₀) | 15 mg | † |
| Natural Trans-Resveratrol (from Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root)) | 10 mg | † |
| Lycopene (from Natural Tomato Extract) | 3 mg | † |
| Lutein (from Marigold Flowers) | 500 mcg | † |

† Daily Value not established.

Other ingredients: Cellulose Powder, Cellulose (capsule), Stearic Acid (vegetable source) and Silica. Vitamin E from non-GMO soy.

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

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.

Do Not Eat Freshness Packets. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

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