



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.

Do not eat freshness packet. Keep in bottle.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	12,500 IU	250%
Vitamin C (from Calcium Ascorbate)	250 mg	415%
Vitamin D (as Ergocalciferol)	100 IU	25%
Vitamin E (from d-alpha Tocopheryl Succinate)	100 IU	333%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	250%
Calcium (from Calcium Ascorbate, Carbonate and Citrate)	50 mg	5%
Iodine (from Kelp)	75 mcg	50%
Magnesium (from Mag. Oxide and Citrate)	50 mg	13%
Zinc (from Zinc Picolinate)	7.5 mg	50%
Selenium (from L-Selenomethionine)	25 mcg	36%
Copper (from Copper Bisglycinate) (TRAACS®)	0.25 mg	13%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2.5 mg	125%
Chromium (from Chromium Picolinate)	50 mcg	42%
Molybdenum (from Sodium Molybdate)	25 mcg	33%
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	†
Choline (from Choline Bitartrate)	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: Cellulose (capsule), Magnesium Stearate (vegetable source), Silica, Cellulose Powder and Stearic Acid (vegetable source).

Vitamin E from non-GMO soy.

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

Natural color variation may occur in this product.

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