

# Ortho Multi™ for Women



## Discussion and Clinical Support

Not all multi-vitamins are created equally. Protocol For Life Balance™ Ortho Multi™ for Women offers a complete array of vitamins and minerals in an exceptionally comprehensive formula designed just for women, particularly those with bone and hormonal health in mind.

By supplementing the diet with additional vitamins and minerals, multi-vitamin can be a valuable tool for those with dietary imbalances or different nutritional needs. People with dietary imbalances may include those on restrictive diets or those who can't or simply don't wish to eat a nutritious diet.

Protocol For Life Balance™ Ortho Multi™ for Women is formulated with dong quai, royal jelly, ipriflavone, chasteberry and other special herbs and nutrients. Iron (from Ferrochel® Ferrous Bisglycinate) is included as a gentle, non-constipating, superior absorbed form of iron. Ortho Multi™ for Women provides nutritional support not just for general health, but where it counts for women, especially bone and hormonal health. All other women's multiples are now obsolete with the introduction of our new Ortho Multi™ for Women.

### Supports General Health and Well-Being

It has been established that vitamin and mineral status affects general health as well as cognitive and physical performance. (1 - 7)

### Supports Bone Health

The formula contains a number of ingredients that have bearing upon bone health. Among these is ipriflavone.

Ipriflavone has been shown to be metabolized to some degree (about 10%) in the body to daidzein, one of the soy isoflavones. Daidzein's mild estrogenic effect in bone tissues, which may decrease the decalcification of the bone, is thought to be one of the sources of soy's protective effects. Significantly, ipriflavone enhances the protective effects of estrogens on bone demineralization without itself having any direct estrogen-like activity. This suggests that ipriflavone, which is widely accepted as improving bone calcium status, may act via other mechanisms, as well. (8 - 10)

Supplement Facts		
Amount Per Serving	% Daily Value*	% Daily Value**
Vitamin A	100%	100%
Vitamin B1	100%	100%
Vitamin B2	100%	100%
Vitamin B3	100%	100%
Vitamin B5	100%	100%
Vitamin B6	100%	100%
Vitamin B12	100%	100%
Vitamin C	100%	100%
Vitamin D	100%	100%
Vitamin E	100%	100%
Vitamin K	100%	100%
Calcium	100%	100%
Iron	100%	100%
Zinc	100%	100%
Copper	100%	100%
Magnesium	100%	100%
Selenium	100%	100%
Manganese	100%	100%
Chromium	100%	100%
Molybdenum	100%	100%
Biotin	100%	100%
Panthenol	100%	100%
Inositol	100%	100%
Choline	100%	100%
Phosphorus	100%	100%
Sulfur	100%	100%
Silica	100%	100%
Vanadium	100%	100%
Cobalt	100%	100%
Nickel	100%	100%
Strontium	100%	100%
Barium	100%	100%
Lithium	100%	100%
Sodium	100%	100%
Potassium	100%	100%
Fluoride	100%	100%
Iodine	100%	100%
Bromine	100%	100%
Antimony	100%	100%
Germanium	100%	100%
Vanillin	100%	100%
Essential Oils	100%	100%
Herbs	100%	100%
Enzymes	100%	100%
Minerals	100%	100%
Trace Elements	100%	100%
Other Ingredients	100%	100%

### Supports Hormonal Balance

Vitex agnus castus L. and other ingredients have both a history of traditional use and modern research in the area of hormonal balance. (11 - 15)

## BENEFITS

- SUPPORTS GENERAL HEALTH AND WELL-BEING
- SUPPORTS BONE HEALTH
- SUPPORTS HORMONAL BALANCE

## SUGGESTED USAGE

As a dietary supplement, take 3 Vcaps® twice daily, preferably with meals.

## CAUTIONS / INTERACTIONS

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years of age. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

## FREE OF COMMON ALLERGENS

Contains no sugar, salt, starch, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

\*THE STATEMENTS HEREIN HAVE NOT BEEN EVALUATED BY THE FDA. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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