

Ortho Multi™ Softgels for Women

TECHNICAL SUMMARY

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.*

Allergen and Additive Disclosure: Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Contains soy, corn derivatives, beeswax, and may contain traces of sulfites. Produced in a GMP facility that processes other ingredients containing these allergens.

Delivery Form: Softgels

ROLE AS NUTRIENT/FUNCTION

Vitamins and minerals are indispensable for the proper biological function of the human body.* For example, in cells, vitamins and minerals work together as necessary cofactors in biochemical reactions, such as in energy production; others assist in the regulation of mineral metabolism and healthy cell growth and differentiation.* Still others are critical for healthy vision, proper neuro-muscular functions, or blood clotting.* Certain vitamins and minerals are needed for normal immune system function, while vitamins A, C and E are the ultimate antioxidant vitamins.* The human body cannot produce vitamins and minerals, so they must be provided by the diet. However, the typical Western diet is notoriously lacking in these indispensable nutrients.

Some nutrients present in this formula, even if they do not belong to the vitamins and minerals family, have been added to specifically target the needs of women's health. To that aim, evening primrose oil and cranberry have been included, as they are traditionally used by herbalists for women's health formulas.

CoQ10, alpha lipoic acid, grape seed extract, green tea, lycopene, and lutein complete this product by offering potent, free radical-scavenging properties.*

NATUROKINETICS®

The liberation, absorption, distribution, metabolism, elimination of this multi-ingredient product have not been yet clinically evaluated. However it is made of extensively studied and carefully selected vitamins, minerals and nutrients known to be well absorbed and distributed, as well as properly eliminated either in urine or in feces. The softgel form allows for optimized delivery of these ingredients to their targeted absorption site throughout the digestive tract.

SAFETY INFORMATION

Tolerability: This multi-vitamin, multi-nutrient product offers ingredients with a long history of use. Although the tolerability of this specific blend has not been yet clinically evaluated, no tolerability issue is expected.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%*
Protein	1 g	2%*
Vitamin A (100% as Beta-Carotene)	5000 IU	100%
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin D-3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaquinone and Phytanadiene)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicolinate)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Aquamin® Seaweed Derived Minerals, Cal. Carbonate, Ascorbate, Pantothenate)	140 mg	14%
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	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from Selenium Glycinate Complex) (Albion®)	200 mcg	286%

Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Glycinate) (TRAACS®)	75 mcg	100%
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	†
Horseshal Extract (<i>Equisetum arvense</i>) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	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 (as Ubiquinone)	10 mg	†
Lycopene (from Natural Tomato Extract) (LYC-O-MATO®)	500 mcg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	500 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), Flax Seed Oil, Soy Lecithin and Beeswax.

Protocol For Life Balance®, 395 S. Glen Elyn Rd., Bloomingdale, IL 60108, USA protocolforlife.com

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Natural color variation may occur in this product. Albion®, Ferrochel® and TRAACS® are registered trademarks of Albion Laboratories, Inc.; Aquamin® is a registered trademark of Marigot Limited; LYC-O-MATO® is a registered trademark of Lycopodium Natural Products Ltd.; FloraGLO® is a registered trademark of Kemira Industries, Inc.; Betadine® is a registered trademark of BASF SE.

- **With Evening Primrose Oil, Cranberry, Green Tea and TRAACS® Minerals**
- **Easier to Swallow and Absorb**

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

However, use of this product is not recommended for individuals with sensitivities to iodine.

Contraindications: Individuals taking warfarin.

INTERACTIONS

Drug Interactions: Some ingredients in this formula may affect the absorption or metabolism of certain medications.

Supplement Interactions: Not clinically evaluated.

Interaction with Lab Tests: Not clinically evaluated.

STORAGE

Store in ambient conditions in tightly sealed original container, ideally between 59 and 86° F and less than 55% relative humidity.