

Ortho Multi™ Softgels for Men

TECHNICAL SUMMARY

Ortho Multi™ Softgels 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™ Softgels for Men includes broad-spectrum free radical defense, with CoQ10, alpha lipoic acid, grape seed extract, lycopene, and lutein.* Saw palmetto extract, plant sterols and lycopene are included in this formula to support a healthy prostate.* This comprehensive formula features chelated minerals, as well as coenzyme forms of B-6 and B-12 for maximal bioavailability.

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 men's health needs. As they age, men become increasingly conscious about their prostate health. To address this concern, saw palmetto extract, plant sterols and lycopene have been included, as they work together to support healthy prostatic function.*

CoQ10, alpha lipoic acid, grape seed extract, 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 has 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 an optimized delivery of these ingredients to their targeted absorption site throughout the digestive tract.

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 (Betatene®) and 40% as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaphthone and Phytionadione)	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)	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 Cyanocobalamin and Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	6%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from Selenium Glycinate Complex) (Albion®)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	0.5 mg	25%

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%
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (from Natural Tomato Extract) (LYC-O-MATO®)	3 mg	†
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (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), Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) (Bark) Oil.
 Contains soy.

Albion® 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.; Betatene® is a registered trademark of BASF SE.

- **With Saw Palmetto, Plant Sterols, Lycopene, Pumpkin Seed Oil and TRAACS® Minerals**
- **Easier to Swallow and Absorb**

SUGGESTED USAGE: Take 2 softgels daily with food, or as directed by your healthcare practitioner.

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. 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. For example, saw palmetto may interact with anticoagulant and antiplatelet agents, including some over the counter medications such as NSAIDs.

Supplement Interactions: Saw palmetto may interact with some herbs such as garlic, ginkgo, curcumin and others.

Interaction with Lab Tests: None known.

STORAGE

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