

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: Contains soy. Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. 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.

SAFETY INFORMATION

Supplement Facts		
Serving Size 2 Softgels	Servings Per Container 45	
	Amount Per Serving	% Daily Value
Vitamin A [60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate]	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K-1 (as Phytonadione)	35 mcg	29%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	35 mg	219%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	4%
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	136%
Selenium (from Selenium Glycinate)(Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate) (TRAACS™)	0.5 mg	56%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	343%
Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	167%
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	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone) (LYC-O-MATO®)	10 mg	†
Lycopene (from Tomato Extract)	3 mg	†
Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 mcg	†

† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon Bark Powder.

Contains soy.

- **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.

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.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.