

# Twice Daily Multi™

A healthy diet of whole, unprocessed foods can provide the body with a broad spectrum of vitamins and minerals. However, even the best diets are sometimes unable to keep up with our needs, especially during times of stress, illness, intense exercise, suboptimal digestion, or any other circumstances that increase our demand for nutrients. A high-quality daily multivitamin helps ensure a good foundation for key nutrients that support overall health and wellbeing.

Designs for Health's Twice Daily Multi™ contains a blend of vitamins and minerals that are difficult to obtain from food alone. This specially designed product includes chelated minerals from Albion Advanced Nutrition, the leader in mineral amino acid chelate nutrition. Chelated minerals are highly absorbable and bioavailable, which significantly increases the probability that the body will absorb and benefit from them. True chelates are not only better absorbed, but are also better retained by the body.

## Unique features of Twice Daily Multi™:

- **B Vitamins** - required for efficient metabolism throughout the body and as coenzymes in a multitude of processes for physical and psychological health. In particular, the high amounts of **B<sub>6</sub>**, **B<sub>12</sub>**, and **folate** help maintain proper levels of homocysteine, an important marker for heart health.
- **Chromium** - necessary for effective blood sugar control, which can be helpful for weight management and cardiovascular health. This mineral works synergistically with **biotin**, which also supports healthy carbohydrate and fat metabolism, and also promotes healthy hair and nails.
- **Vitamins C & E, and Alpha Lipoic Acid** - antioxidant nutrients that enhance the immune system and help minimize the oxidative effects of everyday metabolic stressors. This product contains vitamin E as mixed tocopherols with a high percentage in the *d-gamma* form, which has been shown to be the most active of the vitamin E family.
- **Zinc** - strengthens the immune system and aids in protein synthesis and proper appetite control.
- **Iodine and Selenium** - support healthy thyroid function, thereby helping to maintain optimal energy levels and metabolic rate.
- **Boron** - a trace element that is low in the modern food supply, but is required for healthy bones.

Twice Daily Multi™ does not include calcium or magnesium partly because it might require four to six or more capsules daily to get an appropriate dose of these minerals. Also, because dietary intake of these minerals varies significantly among people, it is prudent to tailor the dosage more closely to individual needs by working with a health care practitioner.

## Recommended Use:

Take two capsules per day with meals, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).