



# Twice Daily Essential Packets

*CONVENIENCE AT ITS FINEST*

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*A recent study in the June 2002 issue of the Journal of American Medical Association reports that “suboptimal intake of some vitamins, above levels causing classic vitamin deficiency, is a risk factor for chronic diseases and common in the general population, especially the elderly.”*

*“Most people do not consume an optimal amount of all vitamins by diet alone.”*

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**Introducing a convenient and effective solution to getting optimal amounts of your basic supplement needs - Twice Daily Essential Packets!**

**We have put our Twice Daily multivitamin, Calcium Malate Chelate, Magnesium Malate Chelate, and the Omega Ultra Marine softgels in convenient twice daily packets to make it simple to take the basics everyday. Now instead of having to constantly checklist schedules and doses, just carry along two of these packets everyday to take with breakfast and dinner.**

**Just think of taking Twice Daily Essential Packets as your daily commitment to great health!**

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

# Make Sure Your Body Can Actually Absorb What You Take!

## The Chelated Calcium/Magnesium Advantage

As a benefit, the calcium and magnesium are separate from the multivitamin so you can get optimal amounts of these minerals. Due to its size, chelated calcium requires

### Calcium Malate Chelate™

Supplement Facts		
Serving Size 2 white tablets		
Amount Per Serving		% Daily Value
Calcium (Di-Calcium Malate, Bis-Glycinate Chelate)	500 mg	50%
Vitamin D (Cholecalciferol)	100 IU	25%

### Magnesium Malate Chelate™

Supplement Facts		
Serving Size 2 gray oval tablets		
Amount Per Serving		% Daily Value
Magnesium (Di-Magnesium Malate, Buffered Glycinate Chelate)	500 mg	125%

its own tablet in order to deliver an effective dose. The same holds true for chelated magnesium. Two **Twice Daily Essential Packets** provides you with 500 mg of chelated calcium and 500 mg of chelated magnesium.

Our chelates are from Albion Advanced Nutrition, the most respected maker of chelated minerals and the only company to hold patents on true chelates, which allows us to provide you with a well tolerated and highly absorbed product.

Twice Daily Multi utilizes the most efficiently absorbed mineral forms available, true Albion chelates. These minerals are sourced from the raw materials supplier with the best mineral technology in the industry, Albion Advanced Nutrition.

Designs for Health is so impressed with Albion Advanced Nutrition minerals that all Designs for Health's mineral products contain their chelates.

## High Quality You Can Trust For Superior Nutrient Absorption

Designs for Health's **Twice Daily Multi** in the **Twice Daily Essential Packets** supply key nutrients in optimal doses, such as folic acid, selenium, chromium, and B vitamins, and optimal forms such as vitamin A from fish liver, and the high gamma tocopherol form of vitamin E.

**Omega Ultra Marine softgels** supply our highest dose of fish oil totaling 1 gram of Omega 3 fats, which have been concentrated to provide more omega-3 fatty acids per capsule. All DFH fish oils come from Marine Nutraceuticals of Canada and are guaranteed free of heavy metals, PCBs, oxidation and contaminants.

*Getting the basics has never been easier. See your healthcare practitioner for your convenient take-along packets today!*

Designs for Health®, Inc. • 2 North Road • East Windsor, CT 06088

800/847.8302 • www.designsforhealth.com • FAX 860/627.0661

Open Monday through Thursday, 9:00 AM to 7:00 PM ET • Friday, 9:00 AM to 5:00 PM ET

### Twice Daily Multi™

### Supplement Facts

Serving Size 2 yellow capsules

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil and 53% as mixed carotenoids from palm tree fruit)	3200 IU 64%	Vitamin B12 (as Methylcobalamin)	500 mcg 8333%
Alpha Carotene	4 mg	Biotin (as d-Biotin)	300 mcg 100%
Beta Carotene	15 mg	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Iodine (as Kelp)	75 mcg 50%
Vitamin D (as Cholecalciferol)	500 IU 125%	Zinc (as Zinc Chelazome®Bis-Glycinate Chelate)	15 mg 100%
Vitamin E d-gamma tocopherol	50 IU 90% 100 mg	Selenium (as Selenomethionine)	200 mcg 286%
d-delta tocopherol	42 mg	Manganese (as Manganese Chelazome®Bis-Glycinate Chelate)	3 mg 150%
d-alpha tocopherol	22 mg	Chromium (as Chromium Chelavite®Nicotinate-Glycinate Chelate)	400 mcg 333%
d-beta tocopherol	3 mg	Molybdenum (as Bis-Glycinate Chelate)	100 mcg 133%
Vitamin B1 (as Thiamine HCl)	50 mg 3333%	Boron (as Glycinate Complex)	2 mg *
Vitamin B2 (as Riboflavin)	30 mg 1765%	Alpha Lipoic Acid	20 mg *
Vitamin B3 (as Niacinamide)	30 mg 150%		
Vitamin B6 (as Pyridoxine HCl)	50 mg 2500%		
Folic Acid	800 mcg 200%		

\*Daily Value not established.

### Omega Marine Softgels™

### Supplement Facts

Serving Size 2 amber softgels Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	20
Calories from Fat	20
Total Fat	2 g 3%*
Cholesterol	less than 5 mg
Omega 3 Fatty Acids	1100 mg †
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg
Other Omega-3 Fatty Acids	100 mg

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.