

Twice Daily Multi™



Now Available in 3 Sizes: 60, 120 & 240

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.

Designs for Health's two a day multivitamin was designed to provide nutrients that are difficult to obtain in the typical daily diet, such as 400 IU of Vitamin E, 200 mcg of selenium, 400 mcg of chromium, 500 mg Vitamin C and 400 mcg folates. Calcium and magnesium were purposely left out due to the fact that they should be taken separately to provide meaningful doses.

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.

Twice Daily Multi Unique Features:

- Rich in the immune enhancing antioxidant nutrients vitamins C,¹ E,² and lipoic acid.³
- High in B6, folates and B12, all of which help lower serum homocysteine. Elevated homocysteine is increasingly being recognized as a risk factor for heart disease and birth defects.^{4 5 6}
- High in chromium, a trace mineral essential for healthy sugar and fat metabolism. Most diets contain less than 60% of the minimum suggested intake of chromium. Insufficient intakes of chromium lead to signs and symptoms of diabetes and cardiovascular diseases. Supplemental chromium given to people with impaired glucose tolerance or diabetes leads to improved blood glucose, insulin, and lipid variables. Chromium also improves lean body mass.⁷
- Contains our proprietary NatureFolate™ blend of active isomer, naturally-occurring folates.
- Balanced in iodine and selenium content. Both trace minerals must be present in the correct balance in order for thyroid health to occur.⁸ Imbalanced intake of iodine and selenium should be avoided as this may impair thyroid function.⁹
- Rich in boron, which is essential for bone health and optimal mental energy.¹⁰
- Contains high dose of biotin, a crucial nutrient for healthy fat and blood sugar metabolism, and healthy nails.¹¹
- Rich in zinc, which is needed for immune function, protein synthesis, and appetite control.¹²
- Free of calcium and magnesium, which require dosing according to individual needs.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 60

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

Other Ingredients: Microcrystalline cellulose, silicon dioxide, magnesium stearate.



For minerals to properly form coordinate covalent bonds with the amino groups of amino acids, they must be mixed in liquid solution. These bonds cannot form in a dry environment by simply mixing ingredients together in powdered

form. True chelates need to be small enough in molecular weight to be absorbed by the body (not more than 800 daltons). True chelates are absorbed better than mineral salts and are better retained in body tissue. Chelates are better tolerated than non-bound mineral salts. Since they are better tolerated and absorbed they are less likely to cause loose stools or other gastrointestinal discomfort.

The ligands that the minerals are chelated to are important as the chelated compound will remain chelated throughout the gut and into the bloodstream. Mineral salts from non-true chelates break apart far sooner, usually in the stomach, leaving the body with the extra compound to deal with and the mineral in ionic form. Ionic minerals can interfere with the absorption of other minerals such as iron and zinc whereas chelated minerals do not.

Albion minerals are mainly chelated with the amino acid glycine due to its low molecular weight. It helps to slow the degeneration of muscle tissue by aiding the synthesis of creatine. Glycine is involved in energy production, formation of amino acids for the immune system, CNS function, and prostate health.

WHAT ARE *TRUE* CHELATES?

Additional MultiVitamins Available From Designs for Health

DFH Complete Multi™

This classic 6-per day full-spectrum multivitamin includes Albion chelated minerals for maximum bioavailability, high gamma tocopherol Vitamin E, natural mixed carotenoids from the palm tree fruit—the best source of preformed Vitamin A—and additional supportive nutrients not typically found in multivitamins such as alpha lipoic acid, TMG, fruit bioflavonoids and even choline and inositol. It contains a hefty dose of all the B vitamins so easily depleted by stress (B12 in the ideal methylcobalamin form), 500 IU of Vitamin D, and calcium and magnesium in a 1:2 ratio. Selenium and iodine are found together in balance here since it is crucial that the body has both for healthy thyroid function. This is a power-house multi! Two capsules with each meal is recommended.

DFH Complete Multi™ *Copper and Iron Free!*

This formula has been designed for patients with high oxidative stress or elevated metals, men receiving adequate iron in their diets, and menopausal women.

References

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