

Twice Daily Multi™



Available in 60, 120, & 240 capsules

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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 158 mg of mixed tocopherols, 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.

Twice Daily Multi Unique Features:

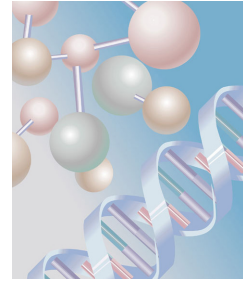
- Rich in the immune enhancing antioxidant nutrients vitamins C,¹ E,² and lipoic acid.³
- High in B-6, folates and B-12, all of which help lower serum homocysteine. Elevated homocysteine is increasingly being recognized as a risk factor for heart disease and birth defects.^{4, 5, 6}
- High in chromium, 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 to properly support the health of the thyroid.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 a generous amount 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 (from Palmitate and Mixed Carotenoids from Palm Tree Fruit)	3200 IU 60%	Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg 100%
Vitamin C (as Ascorbic Acid)	500 mg 830%	Selenium (as Selenium Glycinate Complex)	200 mcg 290%
Vitamin D (as Cholecalciferol)	500 IU 130%	Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg 150%
Vitamin E (as d-alpha tocopherol)	24 IU 80%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 330%
Thiamin (Vitamin B-1)(as Thiamin HCL)	50 mg 3330%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg 130%
Riboflavin (Vitamin B-2)	30 mg 1770%		
Niacin (Vitamin B-3)(as Niacinamide)	30 mg 150%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	158 mg *
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%	Alpha Lipoic Acid	20 mg *
Folate (NatureFolate™ blend)	400 mcg 100%	Boron (as Bororganic Glycine)	2 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 8330%		
Biotin (as d-Biotin)	300 mcg 100%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Iodine (as Potassium Iodide)	75 mcg 50%		

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

*Daily Value not established.

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.

WHAT ARE TRUE CHELATES?

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.

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 (B-12 in the ideal methylcobalamin form), 500 IU of vitamin D, and calcium and magnesium in a 1:2 ratio. This copper and iron free formula has been designed for those with high oxidative stress or elevated metals, men receiving adequate iron in their diets, and menopausal women. Two capsules with each meal is recommended.

DFH Complete Multi™ with Copper and Iron

This formula is appropriate for teenagers, menstruating females, lactating women, and those who avoid eating red meat.

DFH Complete Multi™ with Copper

This version contains 2 mg of copper as copper glycinate chelate, a stabilized mineral chelate from Albion Minerals that reduces the risk of free copper in the body, which could cause oxidative stress. This multi is iron free.

References

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