

designs for health®



Twice Daily Multi™



Dietary Supplement
For Professional Use Only

120 Vegetarian Capsules

Recommended Use: As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

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%		

*Daily Value not established.

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



Formulated and distributed by:
Designs for Health, Inc.
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www.designsforhealth.com

STORE IN A COOL, DRY PLACE.

Report any adverse reactions to 860.623.6314

Notice: Color, size or shape may appear different between lots.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Does not contain gluten.



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