

Twice Daily Multi™

Supplement Facts

Serving Size 2 capsules			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids from Palm Tree Fruit)	3200 IU 64%	Iodine (as Potassium Iodide)	75 mcg 50%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg 100%
Vitamin D (as Cholecalciferol)	500 IU 125%	Selenium (as Selenium Glycinate Complex)	200 mcg 286%
Vitamin E (as d-alpha tocopherol)	24 IU 80%	Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg 150%
Thiamin (Vitamin B-1)(as Thiamine HCL)	50 mg 3333%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 333%
Riboflavin (Vitamin B-2)	30 mg 1765%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg 133%
Niacin (Vitamin B-3)(as Niacinamide)	30 mg 150%		
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	158 mg *
Folate (NatureFolate™ blend)	400 mcg 100%	Alpha Lipoic Acid	20 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 8333%	Boron (as Bororganic Glycine)	2 mg *
Biotin (as d-Biotin)	300 mcg 100%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		

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



TDE060

Calcium Malate Chelate

Supplement Facts

Serving Size 2 capsules		
Amount Per Serving		% Daily Value
Vitamin D (as Cholecalciferol)	100 IU	25%
Calcium (as Di-Calcium Malate, TRAACS® Calcium Glycinate Chelate)	500 mg	50%

Other Ingredients: Microcrystalline cellulose, stearates (vegetable source).

Magnesium Malate Chelate

Supplement Facts

Serving Size 2 tablets		
Amount Per Serving		% Daily Value
Magnesium (as Di-Magnesium Malate, TRAACS® Magnesium Glycinate Chelate Buffered)	500 mg	125%

Other Ingredients: Microcrystalline cellulose, croscarmellose, stearates (vegetable source).

OmegAvail™ Synergy

Supplement Facts

Serving Size 2 softgels		
Amount Per Serving		% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Cholesterol	less than 5 mg	<2%
Omega-3 Fatty Acids		
EPA (Eicosapentaenoic Acid)	270 mg	†
DHA (Docosahexaenoic Acid)	180 mg	†
Omega-6 Fatty Acids		
GLA (Gamma Linolenic Acid) (from borage oil)	160 mg	†
Omega-9 Fatty Acids		
Oleic Acid (from virgin organic macadamia nut oil)	400 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto as natural color (softgel ingredients).

Contains fish (anchovy, sardines, mackerel or tuna oil) and tree nuts (macadamia nuts).

designs for health®



Twice Daily
Essential Packets™

Dietary Supplement
For Professional Use Only

60 Packets

Each Packet contains:

- ✓ 1-Twice Daily Multi™ capsule
- ✓ 1- Calcium Malate Chelate capsule
- ✓ 1- Magnesium Malate Chelate tablet
- ✓ 1- OmegeAvail™ Synergy softgel

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

Warning: Consult your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

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

Report any adverse reactions to 860.623.6314

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

Does not contain gluten.



Formulated and distributed by:
Designs for Health, Inc.
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www.designsforhealth.com
Manufactured in an NSF GMP Registered Facility

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.