Daily Advantage®

Doctor's Suggested Use: Take 2 packets daily—1 packet with morning meal and 1 packet with middday or evening meal.

Essential Vitamins, Minerals & Antioxidants

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 60

Amount Per Serving		% DV
Vitamin A (as beta carotene, retinyl palmitate)	1,687 mcg RAE	187%
Vitamin C (as ascorbic acid, mineral ascorbates)	500 mg	556%
Vitamin D (as cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopheryl succinate, mixed tocopherols)	67 mg	447%
Thiamine (as mononitrate)	25 mg	2,083%
Riboflavin (as riboflavin, riboflavin-5-phosphate)	25 mg	1,923%
Niacin (as niacinamide, niacin)	65 mg NE	406%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	55 mg	3,235%
Folate	340 mcg DFE	85%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	75 mg	1,500%
Choline (as bitartrate)	50 mg	9%
Calcium (as carbonate, citrate, malate, ascorbate)	500 mg	38%
Iodine (from kelp stem and leaf)	50 mcg	33%
Magnesium (as oxide, aspartate, ascorbate)	250 mg	60%
Zinc (as chelate)	15 mg	91%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as chelate)	1 mg	111%
Manganese (as aspartate, ascorbate)	5 mg	217%
Chromium (as polynicotinate)	100 mcg	286%
Molybdenum (as chelate)	50 mg	111%
Potassium (as aspartate, phosphate)	50 mg	1%
Inositol	50 mg	*
N-Acetyl L-Cysteine	25 mg	*
Saw Mineral Complex (chloride, magnesium, sulfate, sodium, potassium, lithium, boron	25 mg	*
Para-Aminobenzoic Acid (PABA)	15 mg	*
Silica (from horsetail extract)	13 mg	*
CoQ10 (from fermented yeast)	5 mg	*
Alpha Lipoic Acid	5 mg	*
Boron (as chelate)	500 mcg	*
Vanadium (as chelate)	75 mcg	*

* Daily Value (DV) not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate

Herbal Superfood Energy™

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving		% DV
Spirulina (from algae)	300 mg	*
Turmeric Powder (rhizome)	100 mg	*
Eleuthero Powder (root)	90 mg	*
Ashwagandha Extract (root)	50 mg	*
Green Tea Extract (leaf)	50 mg	*
Asian Ginseng Extract (root)	40 mg	*
Rhodiola Extract (root)	40 mg	*
Turmeric Extract (rhizome)	25 mg	*
Ginger Powder (rhizome)	25 mg	*
Eleuthero Extract (root)	25 mg	*
Artichoke (from porcine tissue)	25 mg	*
Ox Bile	25 mg	*
Betaine Hydrochloride	10 mg	*
Lipase (from Aspergillus niger)	5 mg	*
Cellulase (from Trichoderma reesei)	5 mg	*
Maltase (from Aspergillus oryzae)	5 mg	*
Protease (from Aspergillus oryzae)	5 mg	*
Amylase (from Aspergillus oryzae)	5 mg	*

* Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, silica

Distributed by Healthy Directions, Bethesda, MD 20817 www.healthydirections.com

Advanced Phytonutrient Shield®

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		% DV
Blueberry Extract (fruit)	50 mg	*
Cranberry Extract (fruit)	50 mg	*
Pomegranate Extract (fruit)	40 mg	*
Sweet Cherry Extract (fruit)	40 mg	*
Olive Extract (fruit)	25 mg	*
Quercetin	25 mg	*
Citrus Bioflavonoids (from lemon, orange, lime, tangerine, grapefruit) (fruit)	20 mg	*
Rutin	5 mg	*
Trans-Resveratrol (from Japanese knotweed root)	4 mg	*
Tocotrienols (from palm oil)	1 mg	*
Lutein (from marigold flower)	1 mg	*
Lycopene (from tomato fruit)	500 mcg	*

* Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, silica, maltodextrin

LipidMarine™ Fish Oil

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

Amount Per Serving		% DV
Calories	10	*
Total Fat	1 g	<2%†
Cholesterol	10 mg	3%
LipidMarine™ Fish Oil	1 g	*
DHA (docosahexaenoic acid)*	300 mg	*
EPA (eicosapentaenoic acid)*	100 mg	*

* Daily Value (DV) not established.
† Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Gelatin, glycerin, water, rosemary extract, tocotrienol (preservative), sunflower lecithin, ascorbyl palmitate

*As triglycerides

CONTAINS: FISH (anchovy, Chilean jack mackerel, mackerel, sardine)

LIPIDMARINE™ is a registered trademark of Pharma Marine AS, Norway.

Daily Advantage®

TOP QUALITY NUTRIENTS IN FOUR POTENT COMPLEXES:

Essential Vitamins, Minerals & Antioxidants
4 capsules per packet
Get strong head-to-toe support!
Strengthens your body's natural defenses against free radicals†
Supports heart, brain, bone, and immune health†

Herbal Superfood Energy™†
2 capsules per packet
Meet the demands of your day!
Adaptogen blend for total body well-being†
Enzyme complex for digestive support†

Advanced Phytonutrient Shield®
1 capsule per packet
Contains plant-based nutrients missing in most multis!
Contains advanced phytonutrients from nature's superfoods
Supports a healthy inflammatory response†

LipidMarine™ Fish Oil
1 softgel per packet
Supports your cardiovascular and metabolic health†
Responsibly sourced omega-3 fish oil.
Contains triglyceride form of EPA and DHA

Vitamins shown are not actual size.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Williams Nutrition®

63 TOTAL NUTRIENTS

Daily Advantage®

MULTINUTRIENT DAILY SUPPLEMENT

ADVANCED COMPREHENSIVE FORMULA

CONTAINS 4 UNIQUE COMPLEXES

① Essential Vitamins, Minerals & Antioxidants
② Herbal Superfood Energy™†
③ Advanced Phytonutrient Shield®
④ LipidMarine™ Fish Oil

DAILY WELLNESS† | IMMUNE HEALTH† | COGNITIVE HEALTH† | POSITIVE MOOD† | PHYSICAL STRENGTH† | HEALTHY AGING† | BLOOD PRESSURE†

DAILY MULTINUTRIENT • DIETARY SUPPLEMENT

60 Packets • 30-Day Supply

60 packets containing 7 capsules and 1 softgel each (Net 420 capsules and 60 softgels)

Williams Nutrition®

Daily Advantage® provides a strong vitamin and mineral foundation, head-to-toe antioxidant protection, unique herbs and superfoods, and targeted heart-health support.

This comprehensive doctor-developed formula contains only high-quality ingredients and follows strict manufacturing standards, providing daily support for long-term health and wellness.

Taking two daily packets is the best way to get fresh, easy, convenient, total body nutrition.

If you have any questions about Daily Advantage, call **1-800-888-1415** or visit **healthydirections.com.**

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications. Do not exceed two (2) packets daily.

Lot No. / Exp. Date:

Keep out of reach of children.

UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store box in a cool, dry place to preserve peak quality and freshness.

Due to the nature of these ingredients, color variations may occur

Williams Nutrition®

63 TOTAL NUTRIENTS

Daily Advantage®

MULTINUTRIENT DAILY SUPPLEMENT

ADVANCED COMPREHENSIVE FORMULA

A comprehensive, doctor-developed multinutrient supplement to lay the foundation for good health now and for many years ahead.

Almost Out?
Call **1-800-888-1415** or visit **healthydirections.com.**

UNCONDITIONALLY GUARANTEED
for the highest standards of quality, purity, and freshness.

FOR THE GREATEST BOOST AND BEST OVERALL RESULTS, **TAKE TWO PACKETS EVERY DAY.†**

Choose **REFILL & SAVE** and Get **FREE SHIPPING FOREVER.** Call now to learn more!

1-800-888-1415

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