

Twice Daily Multi™



Available in 60, 120, & 240 capsules

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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 has been designed to provide nutrients that are difficult to obtain in the typical daily diet, such as 100 mg of mixed tocopherols, 200 mcg of selenium, 400 mcg of chromium, 500 mg vitamin C and 1000 IU vitamin D. Calcium and magnesium are intentionally omitted from this formula due to the fact that they should be taken separately in order to provide meaningful doses.

Twice Daily Multi™ also contain the most efficiently absorbed mineral forms available, as true mineral amino acid chelates. This chelation technology substantially increases the probability that the minerals will not only be better absorbed but also better retained by the body.

Twice Daily Multi™ Unique Features:

- Rich in the immune enhancing antioxidant nutrients vitamins C,¹ E,² and lipoic acid³
- Substantial levels of 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}
- 400 mcg 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 helps to improve lean body mass.⁷
- Contains Quatrefolic®, an innovative form of folate ([6S]-5-methyltetrahydrofolate) that has demonstrated high bioavailability and solubility as well as long lasting stability. Quatrefolic® helps to increase blood folate levels much better than folic acid.

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 energy¹⁰
- Contains a generous amount of biotin, a crucial nutrient for healthy fat and blood sugar metabolism, and healthy nails¹¹
- Rich in zinc, which is needed for immune function, protein synthesis, and appetite control¹²
- Free of calcium and magnesium, which require dosing according to individual needs

Additional Multivitamins Available From Designs for Health

DFH Complete Multi™

This classic 6-per-day full-spectrum multivitamin includes 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.

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 that reduces the risk of free copper in the body, which could cause oxidative stress. This multi is iron-free.

What are True Chelates?

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 also 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.

The chelated minerals in Twice Daily Multi™ 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.

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Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate, mixed carotenoids from palm tree fruit)	522 mcg RAE 58%	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1000%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	75 mcg 50%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin E (as d-alpha tocopherol)	9 mg 62%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Thiamin (Vitamin B-1)(as Thiamin HCl)	50 mg 4167%	Manganese (TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Riboflavin (Vitamin B-2)	30 mg 2308%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 1143%
Niacin (Vitamin B-3)(as Niacinamide)	30 mg NE 188%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B-6 (as Pyridoxine HCl)	50 mg 2941%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Alpha Lipoic Acid	20 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%	Boron (as Bororganic Glycine)	2 mg *
Biotin (as d-Biotin)	300 mcg 1000%		

*Daily Value not established.

Other Ingredients: Cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, vegetable stearate, silicon dioxide.



Recommended Use:

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

References

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