

Twice Daily Essential Packets



Daily essential nutrients in convenient packets to support overall wellness

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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.

Twice Daily Essential Packets are a convenient and effective solution for patients to obtain optimal amounts of the body's foundational supplement needs in two easy packets. These packets are ideal for a variety of patients, including those getting started on a vitamin regimen, those focused on comprehensive maintenance, and as a starting point for weight loss protocols and other wellness-oriented health goals.

Twice Daily Multi™ (TDM) is a two-a-day multivitamin designed to provide nutrients that are difficult to obtain in the typical daily diet. Its formulation has been guided by principles of evolutionary biology and human physiological adaptation to a whole food, nutrient-dense diet that supplies adequate energy, guided additionally by common nutrient insufficiencies in the US and by criteria beyond the established Recommended Dietary Allowances (RDAs) and Adequate Intakes (AIs). TDM includes a tocopherol-free form of vitamin E isomers, a blend of gamma and delta-tocotrienols, which have unique health and healthy aging benefits, and a unique blend of vitamin K provided as two naturally occurring forms—K1 and K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9).* It also includes a natural form of folate that addresses common genetic polymorphisms and an effective dose of vitamin B12 to help overcome various malabsorption syndromes. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multi.

Each packet contains:

- 1-Twice Daily Multi™ capsule
- 1-Calcium Malate capsule
- 1-Magnesium Malate capsule
- 1-OmegAvail™ Synergy softgel

Calcium Malate provides 500 mg of di-calcium malate (calcium bound to malic acid) and 2.5 mcg (100 IU) vitamin D3 per 2 capsule-serving (2 packets) for enhanced absorption and bioavailability in the body. In a randomized trial of healthy human adults, the study showed that di-calcium malate had the longest half-life and was the most bioavailable form compared with calcium amino acid chelate at 18% and 26%, and calcium carbonate.¹ A review of the health benefits of calcium citrate malate (CCM) showed that unlike other forms of calcium that requires supplementation with meals, CCM delivers significant nutritional benefits to all ages when taken with or without food. Additionally, the CCM form actually protects against kidney stone formation.² A meta-analysis of human studies reveal that 500 mg of CCM supplementation daily as calcium malate attenuated bone loss by 60%, due to its high bioavailability, and daily supplementation between 500 mg and 1500 mg improved bone mass among elderly men, postmenopausal women, young adults, and adolescents.³ The results of a systematic review and direct meta-analysis of pregnant women showed that calcium and vitamin D supplementation in pregnancy reduced the risk of preeclampsia and gestational hypertension and may be used for prevention.⁴ Skeleton calcium and blood calcium are highly interdependent, and the active form of vitamin D is crucial for regulating calcium between the two and required to maintain normocalcemia. In fact, a study of vitamin D receptor (VDR) null mice indicates that when calcium intake is low to normal, the active form of vitamin D enhances the intestinal absorption of calcium.⁵

Magnesium Malate provides 360 mg of di-magnesium malate (the highly bioavailable form of magnesium bound to malic acid) per 2 capsule serving (2 packets). Magnesium is an essential mineral that serves as an enzyme cofactor for over 300 biochemical reactions in the body, including those of glycolysis, the first step in harnessing ATP energy from carbohydrates.⁶ Magnesium is the second most abundant intracellular positively charged electrolyte in the body; approximately 25 mg of magnesium is present in the adult human body.⁶ As a structural component of the hydroxyapatite mineral matrix of bone, a natural calcium channel blocker, muscle relaxant, facilitator of calming effects upon the nervous system, and a required element for electrolyte balance and proper functioning of sodium-potassium pumps, magnesium plays a crucial role in supporting physical strength and mobility, muscle contraction, neurological health, cardiac function, and psychological balance.⁶ Magnesium's role as an enzyme cofactor for processes that generate ATP underlies its importance for maintaining energy levels and metabolic efficiency.

OmegAvail™ Synergy is composed of a unique blend of omega 3-6-7-9 essential and non-essential fatty acids (FAs). FAs may be one of the most important dietary supplements as they are foundational for promoting optimal health. Every cell in the body needs FAs to function properly, as they are essential in the process of rebuilding and synthesizing new cells. FAs have a desirable effect on many conditions; they support heart health, normal cholesterol and triglyceride levels, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and healthy modulation of the inflammatory response.⁷⁻⁹ As an added benefit, OmegAvail™ Synergy includes lipase, the enzyme essential to the digestion and absorption of dietary and supplemental fats.

The omega-3 fatty acids in this formula are derived from fish oils in their natural triglyceride (TG) form - the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the synthetic ethyl ester (EE) form. Compared to the true TG form, the EE form is more convenient to produce but not as readily recognized, digested, and assimilated by the body, and is more prone to oxidation and production of free radicals. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided in the most bioavailable and bioidentical form, the same form that is naturally found in fish and in the tissues of the human body. The TG form is broken down 12-15% faster than the EE form by pancreatic lipase enzyme, which is also included in this formula for enhanced digestion and absorption of fish oils. Because the natural TG form is most easily digested and available for the body to use, this TG advantage is effective at promoting healthy omega-3s levels in the body. This unique, synergistic formula provides not only the beneficial omega-3s eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fish oils, but a blend of other FAs including gamma-linolenic acid (GLA) from the oil of borage seeds, as well as palmitoleic acid (PA), and oleic acid (OLA) from organic virgin macadamia nut oil and borage oil for a spectrum and balance of high-quality, health-promoting fatty acids.

Twice Daily Multi™

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
|---|-----------------------|---|---------------|
| Vitamin A (from Palmitate and Mixed Carotenoids) | 960 mcg RAE 107% | Pantothenic Acid (as d-Calcium Pantothenate) | 12 mg 240% |
| Vitamin C (as Ascorbic Acid) | 500 mg 556% | Iodine (as Potassium Iodide) | 150 mcg 100% |
| Vitamin D (as Cholecalciferol) | 25 mcg (1000 IU) 125% | Zinc (as Zinc Bisglycinate Chelate) | 15 mg 136% |
| Vitamin K (as K1 Phytonadione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9) | 120 mcg 100% | Selenium (as Selenium Glycinate Complex) | 200 mcg 364% |
| Thiamin (Vitamin B-1)(as Thiamin HCl) | 2.3 mg 192% | Manganese (as TRAACS® Manganese Bisglycinate Chelate) | 1 mg 43% |
| Riboflavin (Vitamin B-2) | 2.8 mg 215% | Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate) | 200 mcg 571% |
| Niacin (as Niacinamide and Niacin) | 50 mg NE 313% | Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) | 100 mcg 222% |
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 5.2 mg 306% | Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols) | 15 mg * |
| Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg) | 680 mcg DFE 170% | Boron (as Bororganic Glycine) | 2 mg * |
| Vitamin B-12 (as Methylcobalamin) | 500 mcg 20833% | *Daily Value not established. | |
| Biotin (as d-Biotin) | 30 mcg 100% | | |

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

Magnesium Malate

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|---------------------------------------|---------------|
| Magnesium (as Di-Magnesium Malate) | 360 mg 86% |

Other Ingredients: Cellulose (capsule), vegetable stearate.

Calcium Malate

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|--|----------------------|
| Vitamin D (as Cholecalciferol) | 2.5 mcg (100 IU) 13% |
| Calcium (as DimaCal® Di-Calcium Malate) | 500 mg 38% |

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, stearates (vegetable source).

OmegAvail™ Synergy

Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|---|--------------------|
| Calories | 20 |
| Total Fat | 2 g 3%* |
| Cholesterol | less than 5 mg <2% |
| Omega-3 Fatty Acids (from fish oil) | |
| EPA (Eicosapentaenoic Acid) | 270 mg † |
| DHA (Docosahexaenoic Acid) | 180 mg † |
| Omega-6 Fatty Acids | |
| GLA (Gamma Linolenic Acid) (from borage oil) | 160 mg † |
| Omega-7 Fatty Acids | |
| Palmitoleic Acid (from virgin organic macadamia nut oil) | 85 mg † |
| Omega-9 Fatty Acids Oleic Acid (from virgin organic macadamia nut oil and borage oil) | 400 mg † |

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

Other Ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase

Contains fish (Alaska pollock) and tree nuts (macadamia nuts).

Recommended Use:

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

For a list of references cited in this document, please visit:

https://www.designsforhealth.com/techsheet-references/Twice_Daily_Essential_Packets_References.pdf

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MenaQ7
Full Spectrum K2

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*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.

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