Twice Daily Multi®

Available in 60, 120, & 240 capsules

By David Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

**Twice Daily Multi Unique Features:**

- **Rich in the immune enhancing antioxidant nutrients vitamins C, E, and lipoic acid.**
- **High in 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.
- **High in 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 improves lean body mass.
- **Contains our proprietary NatureFolate™ blend of active isomer, naturally-occurring folates.**
- **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. Imbalanced intake of iodine and selenium should be avoided as this may impair thyroid function.
- **Rich in boron, which is essential for bone health and optimal mental energy.**
- **Contains a generous amount of biotin, a crucial nutrient for healthy fat and blood sugar metabolism, and healthy nails.**
- **Rich in zinc, which is needed for immune function, protein synthesis, and appetite control.**
- **Free of calcium and magnesium, which require dosing according to individual needs.**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin A</strong></td>
<td>2000 IU</td>
<td>600%</td>
<td>Zinc (TRAACS® Zinc Glycinate Chelate)</td>
<td>15 mg</td>
</tr>
<tr>
<td>(from Palmitate and Mixed Carotenoids from Palm Tree Fruit)</td>
<td></td>
<td></td>
<td>(as Selenium Glycinate Complex)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Vitamin C (as Ascorbic Acid)</td>
<td>500 mg</td>
<td>830%</td>
<td>Manganese (TRAACS® Manganese Glycinate Chelate)</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin D (as Cholecalciferol)</td>
<td>500 IU</td>
<td>330%</td>
<td>Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Thiamin (Vitamin B-1) (as Thiamin HCL)</td>
<td>30 mg</td>
<td>150%</td>
<td>(TRAACS® Molybdenum Glycinate Chelate)</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B-2)</td>
<td>30 mg</td>
<td>1770%</td>
<td><strong>High Gamma Mixed Tocopherols</strong> (as d-gamma, d-delta, d-alpha, d-beta)</td>
<td>158 mg</td>
</tr>
<tr>
<td>Niacin (Vitamin B-3) (as Nicinamide)</td>
<td>30 mg</td>
<td>150%</td>
<td>Alpha Lipoic Acid</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B-6 (as Pyridoxine HCL)</td>
<td>50 mg</td>
<td>2500%</td>
<td>Boron (as Boric Acid)</td>
<td>2 mg</td>
</tr>
</tbody>
</table>
| Folate (NatureFolate™ blend) | 400 mcg | 100% | *Daily Value not established.
| 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% | |

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

Designs for Health’s two a day multivitamin was designed to provide nutrients that are difficult to obtain in the typical daily diet, such as 158 mg of mixed tocopherols, 200 mcg of selenium, 400 mcg of chromium, 500 mg vitamin C and 400 mcg folates. Calcium and magnesium were purposely left out due to the fact that they should be taken separately to provide meaningful doses.

Twice Daily Multi utilizes the most efficiently absorbed mineral forms available, true Albion chelates. These minerals are sourced from the raw materials supplier with the best mineral technology in the industry, Albion Advanced Nutrition.
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 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.

Albion minerals 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.

### References


To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com