

designs for health



Twice Daily Multi™



Dietary Supplement
For Professional Use Only

60 Vegetarian Capsules

Recommended Use: As a dietary supplement, take two capsules daily with meals, or as directed by your health care practitioner.

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 from palm tree fruit)	3200 IU 64%	Folate (NatureFolate™ blend)	400 mcg 100%
Alpha Carotene	4 mg	Vitamin B-12 (as Methylcobalamin)	500 mcg 8333%
Beta Carotene	15 mg	Biotin (as d-Biotin)	300 mcg 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Vitamin D (as Cholecalciferol)	500 IU 125%	Iodine (as Potassium Iodide)	75 mcg 50%
Vitamin E (Total Natural Tocopherols)	158 mg *	Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg 100%
as d-gamma	110 mg *	Selenium (as Selenium Glycinate Complex)	200 mcg 286%
as d-delta	30 mg *	Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg 150%
as d-alpha	12 mg/18 IU 60%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg 333%
as d-beta	6 mg *	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg 133%
Thiamin (Vitamin B-1)(as Thiamine HCL)	50 mg 3333%	Alpha Lipoic Acid	20 mg *
Riboflavin (Vitamin B-2)	30 mg 1765%	Boron (as Bororganic Glycine)	2 mg *
Niacin (Vitamin B-3)(as Niacinamide)	30 mg 150%		
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%		

*Daily Value not established.

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



Formulated and distributed by:

Designs for Health, Inc.

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www.designsforhealth.com

STORE IN A COOL, DRY PLACE.

Report any adverse reactions to 860.623.6314

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

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

Does not contain gluten.

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1.257 X 0.587

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