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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designs for health®

Twice Daily Multi™

Dietary Supplement

For Professional Use Only

120 Vegetarian Capsules

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

Supplement Facts

Serving Size 2 capsules

Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids from Palm Tree Fruit)	3200 IU	60%
Vitamin C (as Ascorbic Acid)	500 mg	830%
Vitamin D (as Cholecalciferol)	500 IU	130%
Vitamin E (as d-alpha tocopherol)	24 IU	80%
Thiamin (Vitamin B-1)(as Thiamin HCL)	50 mg	3330%
Riboflavin (Vitamin B-2)	30 mg	1770%
Niacin (Vitamin B-3)(as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine HCL)	50 mg	2500%
Folate (NatureFolate™ blend)	400 mcg	100%
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%

Amount Per Serving		% Daily Value
Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg	100%
Selenium (as Selenium Glycinate Complex)	200 mcg	290%
Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg	150%
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg	330%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg	130%
High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	158 mg	*
Alpha Lipoic Acid	20 mg	*
Boron (as Bororganic Glycine)	2 mg	*

*Daily Value not established.

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

Guaranteed GMP Compliant Products

Formulated and distributed by:
Designs for Health, Inc.
980 South Street, Suffield, CT 06078
www.designsforhealth.com

STORE IN A COOL, DRY PLACE.