

# Twice Daily Essential Packets

*Daily essential nutrients in convenient packets to support overall wellness*

Twice Daily Essential Packets are a convenient and effective way to obtain optimal amounts of the body's foundational supplement needs in two easy packets. They are the ideal foundational support for many individuals, 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.

## Each Packet includes:

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

**Twice Daily Multi™** contains a blend of highly bioavailable vitamins and minerals that are difficult to obtain from food alone. In addition to foundational vitamins and minerals, Twice Daily Multi™ provides nutrients not commonly found in commercially available multivitamin/mineral products such as activated forms of B vitamins, easily absorbable folate, vitamins A and C, and a tocopherol-free form of vitamin E isomers, a blend of gamma and delta-tocotrienols, which have unique health and healthy aging benefits.\* It also includes 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), as well as iodine and selenium—two minerals needed for healthy thyroid support, and boron which is required for healthy bones.\*

**Calcium Malate** provides 500 mg of a highly bioavailable form of calcium per 2-capsule serving plus vitamin D3 to aid in calcium absorption. Calcium is most commonly thought of as a bone-supporting nutrient, and this is one of its most crucial functions—approximately 99% of the body's calcium is found in bones—but calcium does much more than this. It is also needed for proper muscle contraction, blood clotting, wound healing, maintaining healthy blood pressure, the secretion of hormones and enzymes, and nervous system communication.\* Vitamin D is included because it works harmoniously with calcium to ensure proper blood levels of calcium.

**Magnesium Malate** provides 360 mg of an easily absorbed form of magnesium per 2-capsule serving. Magnesium serves as an essential mineral for over 300 chemical reactions in the body, including the process to create energy from the foods we eat. Owing to its role in muscle contraction and relaxation, and nerve conduction, magnesium may help support healthy blood pressure levels and cardiovascular function.\* Magnesium is imperative for the proper conversion of carbohydrates into energy and is also crucial for the proper functioning of insulin.\*

**OmegAvail™ Synergy** is composed of a unique blend of omega 3-6-7-9 fatty acids derived from fish oils in their natural state. Every cell in the body needs healthy fats to function properly, as they are essential in the process of rebuilding and making new cells. Fatty acids 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.\* As an added benefit, the enzyme lipase is included for enhanced digestion and absorption of fish oils.

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



MenaQ7® is a registered trademark of NattoPharma ASA, Norway; Patented in the United States and Canada. (US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387).

Consult with your healthcare practitioner about your specific circumstances, particularly if you are taking a blood-thinning medication, and any questions you may have.  
\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).