

# Twice Daily Multi™

*Simplified multivitamin and mineral complex*

 TDM060 | TDM120 | TDM240 – 60, 120, 240 vegetarian capsules

Twice Daily Multi™ is an extensively researched blend of premium vitamins and minerals that may be challenging to obtain from diet alone. Even well-balanced diets may struggle to meet our nutritional requirements, especially during times of occasional stress, intense exercise, suboptimal digestion, illness, or other circumstances. Incorporating a high-quality daily multivitamin/mineral supplement can provide a reliable foundation for essential nutrients to help you feel your best with just two capsules per day.\*



FOUNDATIONAL HEALTH\*



Supports foundational needs of essential vitamins and minerals\*



Supports antioxidant status\*



Promotes optimal health beyond the RDA\*

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids)	960 mcg RAE 107%
Vitamin C (Ascorbic Acid)	500 mg 556%
Vitamin D (Cholecalciferol)	25 mcg (1000 IU) 125%
Vitamin K (as K1 Phytadione and Vitamin K2 Menaquinone-4)	120 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin HCl)	2.3 mg 192%
Riboflavin (Vitamin B-2)	2.8 mg 215%
Niacin (as Niacinamide and Niacin)	50 mg NE 313%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE 170%
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%
Biotin (as d-Biotin)	30 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 240%
Iodine (as Potassium Iodide)	150 mcg 100%
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin E Isomers (DeltaGold®) [as delta- and gamma-tocotrienols from annatto ( <i>Bixa orellana</i> )(seed)]	15 mg *
Boron (as Boroglycine)	2 mg *

\*Daily Value not established.

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

**Recommended Use:** Take 2 capsules per day with a meal or as directed by your health-care practitioner.

## JUST THE FACTS:

Compare supplement facts to the leading brands

- Forms similar to what is found in whole foods to support vision, immune function, and cell growth and development\*
- Supports collagen production, skin and blood vessel health, healthy immune system, iron absorption, and adrenal health for a healthy stress response\*
- Supports healthy bones and arteries\*
- Bioactive and bioidentical forms for better absorption\*
- Promotes optimal folate status\* (most over-the-counter supplements use folic acid, which may have undesirable effects)
- Supports optimal thyroid hormone production and conversion, metabolic rate regulation, and antioxidant status\*
- The superior form of vitamin E for cell membrane health and overall antioxidant status support\*
- An important trace mineral, for additional bone health\*
- Chelated minerals for better absorption and use by the body\*

Calcium, magnesium, iron, and copper are not included due to variations in dietary intake of these minerals. It is advisable to personalize supplementation based on age, sex, health status, genetics, and other variables. Consult with your health-care practitioner about your specific circumstances 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.**

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