

# Twice Daily Essential Packets

Convenience at its Finest



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Twice Daily Essential Packets are a convenient and effective solution to obtaining optimal amounts of the body's foundational supplement needs. We have put our Twice Daily Multi™, Calcium Malate, Magnesium Malate, and OmegAvail™ Synergy in convenient twice daily packets to make it simple to take the basics everyday. Instead of having to constantly check schedules and doses, patients can just carry along two of these packets each day to take with breakfast and dinner.

## Calcium and Magnesium Malates

As a benefit, the calcium and magnesium are separate from the multivitamin in order for patients to get optimal amounts of these minerals. Both are bound to malic acid, for excellent absorption in the body. Malic acid is a naturally occurring compound found in apples and other fruits and vegetables; it helps to support energy production by playing a role in the process of deriving adenosine triphosphate (ATP; the energy currency that runs the body) from food.

## High Quality You Can Trust For Superior Nutrient Absorption

Designs for Health's Twice Daily Multi™ in the Twice Daily Essential Packets supply key nutrients in optimal doses, such as selenium, chromium, and B vitamins, and optimal forms such as high gamma tocopherol vitamin E and our proprietary NatureFolate™ blend of active isomer naturally-occurring folates. OmegAvail™ Synergy is a combination omega-3-6-7-9 product that provides balanced fatty acid support and contains lipase, the enzyme crucial to digestion and absorption of fatty acids.

## OmegAvail™ Synergy

### Supplement Facts

Serving Size 2 softgels

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20	Omega-7 Fatty Acids	
Calories from Fat	20	Palmitoleic Acid	85 mg †
Total Fat	2 g 3%*	(from virgin organic macadamia nut oil)	
Cholesterol	less than 5 mg <2%	Omega-9 Fatty Acids	
Omega-3 Fatty Acids		Oleic Acid	400 mg †
EPA (Eicosapentaenoic Acid)	270 mg †	(from virgin organic macadamia nut oil and borage oil)	
DHA (Docosahexaenoic Acid)	180 mg †		
Omega-6 Fatty Acids			
GLA (Gamma Linolenic Acid)	160 mg †		
(from borage oil)			

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** Natural lemon flavor, mixed tocopherols, lipase; bovine gelatin, glycerine, water, annatto as natural color (softgel ingredients).

Contains fish (Alaska pollock) and tree nuts (macadamia nuts).

## Magnesium Malate

### Supplement Facts

Serving Size 2 capsules

Amount Per Serving	% Daily Value
Magnesium (as Di-Magnesium Malate)	360 mg 90%

**Other Ingredients:** Cellulose (capsule), vegetable stearate.



## Calcium Malate

### Supplement Facts

Serving Size 2 capsules

Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	100 IU 25%
Calcium (as DimaCal® Di-Calcium Malate)	500 mg 50%

**Other Ingredients:** Microcrystalline cellulose, stearates (vegetable source).

## Twice Daily Multi™

### Supplement Facts

Serving Size 2 capsules

Amount Per Serving	% Daily Value	Per Serving	% Daily Value
Vitamin A	3200 IU 60%	Zinc (TRAACS® Zinc Bisglycinate Chelate)	15 mg 100%
(from Retinyl Palmitate and Mixed Carotenoids from Palm Tree Fruit)		Selenium	200 mcg 290%
Vitamin C (as Ascorbic Acid)	500 mg 830%	(as Selenium Glycinate Complex)	
Vitamin D (as Cholecalciferol)	500 IU 130%	Manganese	3 mg 150%
Vitamin E (as d-alpha tocopherol)	24 IU 80%	(TRAACS® Manganese Bisglycinate Chelate)	
Thiamin (Vitamin B-1)(as Thiamin HCl)	50 mg 3330%	Chromium	400 mcg 330%
Riboflavin (Vitamin B-2)	30 mg 1770%	(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Niacin (Vitamin B-3)(as Niacinamide)	30 mg 150%	Molybdenum	100 mcg 130%
Vitamin B-6 (as Pyridoxine HCl)	50 mg 2500%	(TRAACS® Molybdenum Glycinate Chelate)	
Folate (NatureFolate™ blend)	400 mcg 100%	High Gamma Mixed Tocopherols	158 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 8330%	(as d-gamma, d-delta, d-alpha, d-beta)	
Biotin (as d-Biotin)	300 mcg 100%	Alpha Lipoic Acid	20 mg *
Pantothenic Acid	50 mg 500%	Boron (as Bororganic Glycine)	2 mg *
(as d-Calcium Pantothenate)			
Iodine (as Potassium Iodide)	75 mcg 50%		

\*Daily Value not established.

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

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