

ITG Twice Daily Multi



ITG's Twice Daily multi vitamin was designed to provide nutrients that are difficult to obtain in the typical daily diet especially when you are on the ITG 3 Step Weight Loss Plan and you are not eating all of the food groups. Specifically, nutrients such as 158 mg of Vitamin E, 200 mcg of selenium, 400 mcg of chromium, 500 mg Vitamin C and 400 mcg folates. Calcium and magnesium should be taken as a separate supplement.

ITG Twice Daily Multi Vitamin's Unique Features:

- Rich in immune enhancing antioxidant nutrients, vitamins C, E and lipoic acid.
- High in B-6, folates and B-12, all of which help lower serum homocysteine. Elevated homocysteine is increasingly being recognized as a risk factor for heart disease and birth defects.
- High in chromium, a trace mineral essential for healthy sugar and fat metabolism. Most diets contain less than 60% of the minimum suggested intake of chromium. Insufficient intakes of chromium lead to signs and symptoms of diabetes and cardiovascular disease. Supplemental chromium given to people with impaired glucose tolerance or diabetes leads to improved blood glucose, insulin, and lipid variables. Chromium also improves lean body mass.
- Contains NauteFolate™ blends of active isomer, naturally occurring folates.
- Balanced in iodine and selenium content. Both trace minerals must be present in the correct balance in order for thyroid health to occur. Imbalanced intake of iodine and selenium should be avoided as this may impair thyroid function.
- Rich in boron, which is essential for bone health and optimal mental energy.
- Contains high dose of biotin, a crucial nutrient for healthy fat and blood sugar metabolism, and healthy nails.
- Rich in zinc, which is needed for immune function, protein synthesis, and appetite control.

Supplement Facts			
Serving Size 2 capsules			
Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A	3200 IU 60%	Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg 100%
(from 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 Glycinate 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%		

60 Vegetarian Capsules

Other Ingredients: Microcrystalline cellulose, silicon dioxide, vegetable stearate