

Easy to use Twice Daily Supplements while you are on the ITG Diet. Just carry in your purse or briefcase. No need to count, sort or measure. One to be taken at breakfast and once in the evening with your dinner. Each packet contains one each of the following ITG supplements, 1 Multi capsule, 1 Omega soft gel and 1 Calcium Magnesium capsule. The packets are a perfect foundation for people just getting starting point on a weight loss program, other health regimens or for comprehensive maintenance. *Comes in 30 day packs.*



ITG Cal/Mag

SUPPLEMENT FACTS

Serving size 1 capsule

Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	2.5mcg 12%
Calcium (from calcium carbonate, dicalcium phosphate, citrate, amino acid chelate, hydroxyapatite, gluconate, lactate, orotate, malate and succinate)	250mg 19%
Phosphorus (as dicalcium phosphate)	19.3mg 1.5%
Magnesium (as magnesium oxide)	125mg 30%
Boron (as boron amino acid chelate)	1mg *

*Daily Value not established.

Other Ingredients: Gelatin (Bovine), Vegetable Magnesium Stearate and Rice Flour.

**DO NOT REFRIGERATE.
STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

Distributed by ITG Diet
(727) 388-4850
St. Petersburg, FL
www.ITGdiet.com

ITG Multi

SUPPLEMENT FACTS

Serving size 1 capsule

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	480mcg 53%
Vitamin C (as ascorbic acid)	250mg 278%
Vitamin D (as cholecalciferol)	6.25mcg 31%
Vitamin E (as mixed tocopherols)	18.5mg 123%
Thiamin (as thiamine HCl)	25mg 2,083%
Riboflavin	15mg 1,154%
Niacin (as niacinamide)	15mg 94%
Vitamin B-6 (as pyridoxine HCl)	25mg 1,471%
Folate	333mcg (DFE) 83% (200mcg folic acid)
Vitamin B-12 (as methylcobalamin)	250mcg 10,417%
Biotin	150mcg 500%
Pantothenic Acid (as d-calcium pantothenate)	25mg 500%
Iodine (as potassium iodide)	37mcg 25%
Zinc (as amino acid chelate)	7.5mg 68%
Selenium (as amino acid chelate)	100mcg 182%
Manganese (as amino acid chelate)	1mg 43%
Chromium (as chromium nicotinate glycinate chelate)	200mcg 571%
Alpha Lipoic Acid	10mg *

* Daily Value not established.

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate and Silicon Dioxide.

ITG Omega

SUPPLEMENT FACTS

Serving size 1 softgel

Amount Per Serving	% Daily Value
Calories	5
Calories from Fat	4.3
Total Fat	.5g 0.67%*
Saturated Fat	.13g 0.67%*
Trans Fat	0
Polyunsaturated Fat	.23g
Monounsaturated Fat	.13g
Total Carbohydrate	.07g <1%
Protein	.13g <1%
Vitamin E	3 IU 10%
Omega-3 Fatty Acids	.17g 170mg
Omega-6 Fatty Acids	.07g 70mg
Omega-9 Fatty Acids	.13g 130mg

* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Marine oil (may contain one or more of anchovy, cod, halibut, mackerel, sardine or tuna fish body oils), borage seed oil, gelatin, methacrylic acid copolymers, glycerine, water, hydroxypropylmethylcellulose, DL-alpha-tocopherol.

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.

WARNING: Consult with your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

Notice: Color, size or shape may appear different between lots.

