



## 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 Vitamin A,B,C & E, 200 mcg of selenium and 400 mcg of chromium. 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.
- 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.
- 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.

60 Capsules (1 month supply)

**Supplement Facts**  
Serving Size 2 Capsules  
Servings Per Container: 30

Amount Per Serving	%Daily Value
Vitamin A (as retinyl palmitate)	960 mcg 107%
Vitamin C (as ascorbic acid)	500 mg 556%
Vitamin D (as cholecalciferol)	12.5 mcg 63%
Vitamin E (as mixed tocopherols)	37 mg 247%
Thiamin (as thiamine HCl)	50 mg 4167%
Riboflavin	30 mg 2,308%
Niacin (as niacinamide)	30 mg 188%
Vitamin B-6 (as pyridoxine HCl)	50 mg 2,941%
Folate	667 mcg DFE 167% (400 mcg folic acid)
Vitamin B-12 (as methylcobalamin)	500 mcg 20,833%
Biotin	300 mcg 1000%
Pantothenic Acid (as calcium d-pantothenate)	50 mg 1000%
Iodine (as potassium iodide)	74 mcg 49%
Zinc (as zinc amino acid chelate)	15 mg 136%
Selenium (as amino acid chelate)	200 mcg 364%
Manganese (as amino acid chelate)	2 mg 87%
Chromium (as chromium nicotinate glycinate chelate)	400 mcg 1143%
Alpha Lipoic Acid	20 mg *

\*Daily Value not established.

Other ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate and Silicon Dioxide.  
**ALLERGEN WARNING: Contains Soy.**  
**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**  
**STORE IN A COOL, DRY PLACE.**

**Suggested Use:** 2 capsules daily preferably with a meal or as directed by a healthcare professional.  
**CAUTION:** Do not exceed recommended dose. Avoid taking this product in conjunction with other dietary supplements which contain high levels of elemental chromium. This product is not intended for pregnant or nursing mothers or children under the age of 18. If you are diabetic, or have a known medical condition, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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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**Other Ingredients:** Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Vegetarian Capsules

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