

Two a Day Multi

Foundational Multivitamin & Mineral Formula

- Helps ensure a good foundation for key nutrients that support overall health and wellbeing.
- This product contains a blend of vitamins and minerals that are difficult to obtain from food alone. Two a Day Multi also includes select minerals in chelated form.
- Chelation is the bonding of minerals to amino acids, which results in molecules that are more bioavailable and better absorbed and assimilated by the body. The old saying— “you are what you eat”—is only half true. You are what you eat and absorb. Chelated minerals are better absorbed, retained and used in the body.

B Vitamins

Provided in their natural and/or activated forms for superior bioavailability.

Vitamin C

Provided as ascorbic acid, at higher levels than in most multivitamins. Average vitamin C intake from food in the US is well below what healthy humans historically consumed and the typically recommended amount is intended only to prevent the extreme deficiency that results in scurvy; it does not provide for optimal health. The higher amount in this product may help support numerous roles for vitamin C such as a healthy immune system, skin and blood vessels, synthesis of collagen, aiding in iron absorption and metabolism of catecholamines such as dopamine and adrenaline.[†]

Folate

Provided in an easily absorbed form that helps to support healthy plasma folate levels. (Most mass-marketed supplements contain folic acid, which may have undesirable effects).

Vitamin A

Provided as pre-formed vitamin A as well as mixed carotenoids, which the body converts to vitamin A. This combination mimics the types of vitamin A found in whole foods.

Vitamin K

Provided as vitamin K1 and vitamin K2 (as MK-4 and MenaQ7[®] Full Spectrum as MK-6, MK-7, MK-9).

Vitamin E Isomers

Provided as tocotrienols from annatto extract. Tocotrienols have higher antioxidant activity and unique benefits not observed with tocopherols, the form of vitamin E in most commercially available supplements.

Iodine & Selenium

Minerals needed for the synthesis of thyroid hormones, which help maintain optimal energy levels and an efficient metabolic rate.

Boron

A trace element that is low in the modern food supply but is required for healthy bones.

*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.

Directions

As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

Does Not Contain

This product was manufactured to be free from gluten, dairy, soy, and GMOs.

Cautions

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 120

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids)	960 mcg RAE 107%	Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 240%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin K (as K1 Phytonadione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9)	120 mcg 100%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Thiamin (Vitamin B-1)(as Thiamin HCl)	2.3 mg 192%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Riboflavin (Vitamin B-2)	2.8 mg 215%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Niacin (as Niacinamide and Niacin)	50 mg NE 313%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Boron (as Bororganic Glycine)	2 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%		
Biotin (as d-Biotin)	30 mcg 100%		

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

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