

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. Calcium and magnesium should be taken as a separate supplement.

60 Capsules (1 month supply)



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

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)	1.8 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%		

*Daily Value not established.

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