

ITG Daily Power Packs

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 or 14 day packs.*



ITG Cal/Mag			ITG Multi		
SUPPLEMENT FACTS			SUPPLEMENT FACTS		
Serving size 1 capsule			Serving size 1 capsule		
Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Calcium	90mg	18%*	Vitamin A (as retinyl palmitate)	1600IU	32%*
(as DimaCal® Di-Calcium Malate)			Vitamin C (as ascorbic acid)	250mg	417%*
Magnesium	90mg	45%*	Vitamin D (as cholecalciferol)	250IU	63%*
(as Albion® Di-Magnesium Malate)			Vitamin E	12IU	40%*
* Percent Daily Values are based on a 2,000 calorie diet.			(as d-alpha tocopheryl succinate)		
Other ingredients: Magnesium Stearate, Vegetarian Capsules			Thiamin (Vitamin B-1)(as thiamine hcl)	25mg	1667%*
ITG Omega			Riboflavin (Vitamin B-2)	15mg	883%*
SUPPLEMENT FACTS			Niacin (Vitamin B-3)(as niacinamide)	15mg	75%*
Serving size 1 softgel			Vitamin B-6 (as pyridoxine hcl)	25mg	1250%*
Amount Per Serving		% Daily Value	Folate (as methyltetrahydrofolic acid)	200mcg	50%*
Calories	10.4		Vitamin B-12 (as methylcobalamin)	250mcg	4167%*
Calories from Fat	9		Biotin (as d-biotin)	150mcg	50%*
Total Fat	1g	1.5%*	Pantothenic Acid	25mg	250%*
Cholesterol	5mg	2%*	(as d-calcium pantothenate)		
Omega-3 Fatty Acids			Iodine (as potassium iodine)	37mcg	25%*
EPA (Eicosapentaenoic Acid)	180mg	†	Zinc (as amino acid chelate)	7mg	50%*
DHA (Docosahexaenoic Acid)	120mg	†	Manganese (as amino acid chelate)	1mg	50%*
Other Omega-3 Fatty Acids	300mg	†	Selenium (as amino acid chelate)	100mcg	143%*
Lemon Oil	30mg	†	Chromium (as amino acid chelate)	200mcg	167%*
* Percent Daily Values are based on a 2,000 calorie diet.			Mixed Tocopherols	79mg	†
† Daily Value not established.			Alpha Lipoic Acid	10mg	†
Other ingredients: Gelatin, Glycerin, Purified Water Contains fish (anchovies or sardines)			* Percent Daily Values are based on a 2,000 calorie diet.		
WARNING: Consult with your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.			† Daily Value not established.		
Notice: Color, size or shape may appear different between lots.			Other Ingredients: Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Vegetarian Capsules		
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.			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.		
Distributed by ITG Diet • (727) 388-4850			Albion and DimaCal are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patent pending.		
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