



## 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 Vegetarian Capsules (1 month supply)

**ITG Diet Plan Nutrition Life!**

**ITG MULTI**

Dietary Supplement

60 VEGETARIAN CAPSULES **GF** Gluten Free

SUPPLEMENT FACTS			
Serving size 2 capsules		Servings per container 30	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	3200IU 64%*	Pantothenic Acid (as d-calcium pantothenate)	50mg 500%
Vitamin C (as ascorbic acid)	500mg 834%*	Iodine (as potassium iodine)	74mcg 50%
Vitamin D (as cholecalciferol)	500IU 125%*	Zinc (as amino acid chelate)	15mg 100%
Vitamin E (as d-alpha tocopheryl succinate)	24IU 80%*	Manganese (as amino acid chelate)	2mg 100%
Thiamin (Vitamin B-1)(as thiamine hcl)	50mg 3334%*	Selenium (as amino acid chelate)	200mcg 286%*
Riboflavin (Vitamin B-2)	30mg 1765%*	Chromium (as amino acid chelate)	400mcg 334%*
Niacin (Vitamin B-3)(as niacinamide)	30mg 150%*	Mixed Tocopherols	158mg †
Vitamin B-6 (as pyridoxine hcl)	50mg 2500%*	Alpha Lipoic Acid	20mg †
Folate (as methyltetrahydrofolic acid)	400mcg 100%*	* Percent Daily Values are based on a 2,000 calorie diet.	
Vitamin B-12 (as methylcobalamin)	500mcg 8334%*	† Daily Value not established.	
Biotin (as d-biotin)	300mcg 100%*		

Other ingredients: Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Vegetarian Capsules

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.

Recommended Use: As a dietary supplement, take 2 capsules per day with meals, or as directed by your health care practitioner.

STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.

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