

Twice Daily Multi with Boron

A MULTIVITAMIN THAT HELPS IN THE ABSORPTION OF CALCIUM AND PHOSPHORUS
120 VEGETARIAN CAPSULES | NPN80134591 | TDM120-CN



Twice Daily Multi™ is an extensively researched blend of premium vitamins and minerals that may be challenging to obtain from diet alone. Even well-balanced diets may struggle to meet our nutritional requirements, especially during times of occasional stress, intense exercise,

suboptimal digestion, illness, or other circumstances. Incorporating a high-quality daily multivitamin/mineral supplement can provide a reliable foundation for essential nutrients to help you feel your best with just two capsules per day.

Benefits

- Supports foundational needs of essential vitamins and minerals
- Supports antioxidant status
- Promotes optimal health beyond the RDA (Recommended Dietary Allowance)

Recommended Dose

Adults 19 years of age and older: Take 2 capsules per day with meals a few hours before or after taking other medications or natural health products, or as directed by your health-care practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

Highlights

- Forms similar to what is found in whole foods to support vision, immune function, and cell growth and development
- Supports collagen production, skin, and a healthy immune system
- Supports healthy bones
- Bioactive and bioidentical forms for better absorption
- Promotes optimal folate status (most over-the-counter supplements use folic acid, which may have undesirable effects)
- Supports optimal thyroid hormone production and conversion, metabolic rate regulation, and antioxidant status
- Provides tocotrienols, the superior form of vitamin E for cell membrane health and overall antioxidant status support
- Chelated minerals for better absorption and use by the body

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