

Women's Twice Daily Essential Packets



Daily essential nutrients in convenient packets to support women's overall health

By David M. Brady, ND, DC, CCN, DACBN, IFMCP, FACN & Caitlin Higgins, MS, CNS, LDN

THIS INFORMATION IS PROVIDED AS A MEDICAL AND SCIENTIFIC EDUCATIONAL RESOURCE FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ("PRACTITIONERS"). THIS INFORMATION IS INTENDED FOR PRACTITIONERS TO USE AS A BASIS FOR DETERMINING WHETHER TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. ALL RECOMMENDATIONS REGARDING PROTOCOLS, DOSING, PRESCRIBING AND/OR USAGE INSTRUCTIONS SHOULD BE TAILORED TO THE INDIVIDUAL NEEDS OF THE PATIENT CONSIDERING THEIR MEDICAL HISTORY AND CONCOMITANT THERAPIES. THIS INFORMATION IS NOT INTENDED FOR USE BY CONSUMERS.

Women's Twice Daily Essential Packets are a convenient and effective solution for women to obtain optimal amounts of the necessary nutrients their bodies need to maintain optimal health in two easy packets. The nutrients provided in these packets help meet most antioxidant, vitamin and mineral needs, support healthy bones, promote balanced hormones (especially estrogen), and support a healthy inflammatory response.* These packets do not contain iron, making them appropriate for women of all ages. These packets are ideal for a variety of patients, including those getting started on a vitamin regimen, those focused on comprehensive maintenance, as a starting point for weight loss protocols, and other wellness-oriented health goals.

Each packet contains:

- ✓ 1-Twice Daily Multi™ capsule
- ✓ 2-OsteoForce™ tablets
- ✓ 1-OmegaAvail™ Synergy softgel
- ✓ 2-FemGuard+Balance™ capsules

Twice Daily Multi™ (TDM) is a two-a-day multivitamin designed to provide nutrients that are difficult to obtain in the typical daily diet. Its formulation has been guided by principles of evolutionary biology and human physiological adaptation to a whole food, nutrient-dense diet that supplies adequate energy, guided additionally by common nutrient insufficiencies in the US and by criteria beyond the established Recommended Dietary Allowances (RDAs) and Adequate Intakes (AIs). TDM includes a tocopherol-free form of vitamin E isomers, a blend of gamma and delta-tocotrienols (as DeltaGold®), which have unique health and healthy aging benefits, and a unique blend of vitamin K provided as two naturally occurring forms—K1 and K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9).* It also includes a natural form of folate that addresses common genetic polymorphisms and an effective dose of vitamin B12 to help overcome various malabsorption syndromes. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multi.

OsteoForce™ is a comprehensive formula that requires only four tablets daily in order to deliver a synergistic blend of nutrients needed to support healthy bones.* It offers the minerals calcium, magnesium, zinc, copper, manganese, potassium and boron, along with vitamins C, D and K – all in chelated forms for superior bioavailability and absorption. Complexing calcium and magnesium with malic acid allow the delivery of higher elemental amounts of these minerals. It also facilitates better absorption and retention, while preventing some of the unpleasant gastrointestinal side effects common with other forms of these minerals, such as calcium carbonate. Owing to its superior bioavailability, the amount of calcium in OsteoForce™ is lower than that of most mass-produced calcium supplements, which typically employ less effective calcium salts. Additionally, calcium is better absorbed in divided doses, rather than in a single, large dose, as is often provided in calcium-only supplements.¹ Vitamin D facilitates calcium absorption in the small intestine by stimulating the synthesis of calcium-binding proteins, as well as being involved in bone turnover.² Vitamin K is included for its crucial role in regulating calcium trafficking in the body and is required for activating proteins that deposit calcium into bones and teeth while protecting against its deposition into soft tissue.³ Zinc influences bone turnover by regulating the secretion of calcitonin from the parafollicular cells of the thyroid gland. Copper promotes low bone turnover by suppressing the function of both osteoblasts and osteoclasts.⁴

OmegaAvail™ Synergy is composed of a unique blend of omega 3-6-7-9 essential and non-essential fatty acids (FAs). FAs may be one of the most important dietary supplements as they are foundational for promoting optimal health. Every cell in the body needs FAs to function properly, as they are essential in the process of rebuilding and synthesizing new cells. FAs have a desirable effect on many conditions; they support heart health, normal cholesterol and triglyceride levels, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and healthy modulation of the inflammatory response.⁵⁻⁷ As an added benefit, OmegaAvail™ Synergy includes lipase, the enzyme essential to the digestion and absorption of dietary and supplemental fats.

The omega-3 fatty acids in this formula are derived from fish oils in their natural triglyceride (TG) form – the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the synthetic ethyl ester (EE) form. Compared to the true TG form, the EE form is more convenient to produce but not as readily recognized, digested, and assimilated by the body, and is more prone to oxidation and production of free radicals. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided in the most bioavailable and bioidentical form, the same form that is naturally found in fish and in the tissues of the human body. The TG form is broken down 12-15% faster than the EE form by pancreatic lipase enzyme, which is also included in this formula for enhanced digestion and absorption of fish oils.

Because the natural TG form is most easily digested and available for the body to use, this TG advantage is effective at promoting healthy omega-3s levels in the body. This unique, synergistic formula provides not only the beneficial omega-3s eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from fish oils, but a blend of other FAs including gamma-linolenic acid (GLA) from the oil of borage seeds, as well as palmitoleic acid (PA), and oleic acid (OLA) from organic virgin macadamia nut oil and borage oil for a spectrum and balance of high-quality, health-promoting fatty acids.

FemGuard+Balance™ supports classic herbal hormonal balance in the form of vitex, polygonum and black cohosh, along with DIM and chrysin for protection and support of beneficial estrogen aromatase activity.* Calcium-D-glucarate promotes the proper elimination of excess estrogens. Resveratrol and EGCG from green tea are included for maximum antioxidant protection. Vitamins B6, B12, and folate promote proper cell differentiation. Magnesium and calcium are also included to help support bone and hormone health.*

Twice Daily Multi™

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)	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.

OmegAvail™ Synergy

Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	20
Total Fat	2 g 3%*
Cholesterol	less than 5 mg <2%
Omega-3 Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	270 mg †
DHA (Docosahexaenoic Acid)	180 mg †
Omega-6 Fatty Acids	
GLA (Gamma Linolenic Acid) (from borage oil)	160 mg †
Omega-7 Fatty Acids	
Palmitoleic Acid (from virgin organic macadamia nut oil)	85 mg †
Omega-9 Fatty Acids	
Oleic Acid (from virgin organic macadamia nut oil and borage oil)	400 mg †

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase

Contains fish (Alaska pollock) and tree nuts (macadamia nuts).

OsteoForce™

Supplement Facts

Serving Size 4 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate)	100 mg 111%
Vitamin D (as Cholecalciferol)	15 mcg (600 IU) 75%
Vitamin K (as Vitamin K1 Phytonadione)	1000 mcg 833%
Calcium (as DimaCal® Di-Calcium Malate, Calcium Ascorbate)	800 mg 62%
Magnesium (as Di-Magnesium Malate)	400 mg 95%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg 45%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 111%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg 87%
Potassium (as Potassium Glycinate Complex)	50 mg 1%
Boron (as Bororganic Glycine)	4 mg *

*Daily Value not established.

Other Ingredients: Croscarmellose sodium, microcrystalline cellulose, hydroxypropylcellulose, stearates (vegetable source), clear coating (hypromellose, glycerine), silicon dioxide.

FemGuard+Balance™

Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin B-6 (Pyridoxal-5-Phosphate)	30 mg 1765%	Green Tea Extract (<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	100 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Diindolylmethane (DIM)	100 mg *
Vitamin B-12 (as Methylcobalamin)	400 mcg 16667%	Black Cohosh Extract (<i>Actaea racemosa</i>)(root) [standardized to contain 2.5% triterpene glycosides]	100 mg *
Calcium (as Calcium D-Glucarate)	50 mg 4%	Broccoli Seed Extract (<i>Brassica oleracea italica</i>)(seed) [standardized to contain 6% sulforaphane glucosinolate]	100 mg *
Magnesium (as Di-Magnesium Malate)	50 mg 12%	Trans Resveratrol from 40 mg <i>Polygonum cuspidatum</i> (root)	20 mg *
Calcium D-Glucarate	400 mg *		
Chrysin	200 mg *		
Chaste Tree Extract (<i>Vitex agnus castus</i>)(fruit) [standardized to contain 0.5% agnusides]	200 mg *		

*Daily Value not established.

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

Recommended Use: Take two packets per day with a meal, or as directed by your health care practitioner.

Warning: If taking a blood-thinning medication or are planning to have surgery, consult a health care practitioner before using

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/womens-twice-daily-essential-packets-references.pdf>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. 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. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.



MenaQ7® is a registered trademark of NattoPharma ASA, Norway; Patented in the United States and Canada.
(US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387).

DeltaGold® is a registered trademark of American River Nutrition, LLC and protected by US Patent Numbers 6,350,453 and 8,586,109.

TRAACS® and DimaCal® are registered trademarks of Albion Laboratores, Inc.



Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.

*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.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.