

# COACH'S TWICE DAILY MULTI™

The  
**Exercise**  
Coach.

People today are simply not getting enough of the nutrients their bodies need to function at optimal health. Even if you are a champion at eating your veggies and fruits, those foods do not contain the same nutritional values they did decades ago! Why? Selective breeding and synthetic fertilizers decrease produce's ability to synthesize nutrients or absorb them from the soil.<sup>1</sup> While organic farming produces a better outcome, it is still not enough! Coach's Twice Daily Multi™ is designed to provide nutrients that are difficult to obtain in the typical daily diet, such as 158 mg natural mixed tocopherols (Vitamin E), 200 mcg selenium, 400 mcg chromium, 500 mg Vitamin C and 400 mcg folates (NatureFolate™ blend).

Twice Daily Multi™ utilizes the most efficiently absorbed mineral forms available, true Albion chelates. This allows the best absorption by the body and retention in the body tissue. And, since Albion chelates are better tolerated and absorbed, they are less likely to cause loose stools or other gastrointestinal discomfort.

These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## *Benefits at a glance*

- Rich in the immune-enhancing antioxidant nutrients—vitamins C, E, and lipoic acid
- High in B6, folates, and B12, 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; chromium also helps improve lean body mass
- Rich in boron, which is essential for bone health and optimal mental energy
- High dosage of biotin, a crucial nutrient for healthy fat and blood-sugar metabolism
- Rich in zinc, which is needed for immune function, protein synthesis, and appetite control
- Free of calcium and magnesium, which require dosing according to individual needs to provide meaningful doses

<sup>1</sup> Research based on Donald Davis, PhD, former researcher with the Biochemical Institute at the University of Texas, Austin

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