

HELPS SUPPORT	VITAMINS	Amount Per Daily serving	RDI **
Healthy eyes and skin, bone development and immune system	Natural beta carotene (equivalent to Vitamin A)	6000 IU (3.6 mg)	750 mcg Vitamin A
Healthy bones and teeth, and calcium absorption	Vitamin D3	400 IU	++
Immune system, cell membranes, connective tissue and capillary strength. Provides relief of symptoms & may reduce the severity & duration of cold, flu & hay fever	Vitamin C from natural Acerola Concentrate and Ascorbic Acid	520 mg	40 mg
Antioxidant, helps maintain heart and cellular health	Vitamin E	312 IU (258 mg)	10 mg
B vitamins help to maintain normal blood. They help relieve nervous tension, stress and mild anxiety. Essential for energy production, nerve function and cellular metabolism. They help to maintain a healthy heart	Vitamin B1 (Thiamin) Vitamin B2 (Riboflavin) Vitamin B3 (Niacin) Vitamin B6 (Pyridoxine Hydrochloride) Vitamin B12 (Cyanocobalamin)	25 mg 30 mg 70 mg 50 mg 100 mcg	1.1 mg 1.7 mg 18 - 20 mg 1.3 - 1.9 mg 2 mcg
Helps support cardiovascular health. Provides a daily dose of 500 mcg of folic acid which if taken daily for one month before conception and during pregnancy, may reduce the risk of women having a child with birth defects of the brain and/or spinal chord such as the neural tube defects (NTD) known as spina bifida and anencephaly	Folic Acid	500 mcg	200 mcg
Energy production	Biotin	300 mcg	++
Energy production, hormones, cellular metabolism, calcium	Pantothenic Acid (Vitamin B5)	60 mg	++
HELPS SUPPORT	MINERALS		
Strong bones, nerves, tissues, muscle activity, nerve activity & bone metabolism, may assist in prevention & / or treatment of osteoporosis, energy production and healthy cells	Calcium as calcium carbonate and calcium phosphate	972 mg 41 mg	800 mg
Healthy thyroid function	Iodine	160 mcg	150 mcg
Strong bones and muscle function, energy metabolism, muscle activity, nerve activity & bone metabolism	Magnesium	448 mg	320 mg
Nerve activity, energy production and antioxidant	Copper	2 mg	++
Helps to build protein and cell membranes	Zinc	20 mg	12 mg
Muscle and nerve activity and energy production	Manganese	5 mg	++
Cells and intracellular structures, the body's antioxidant defence system, immune system	Selenium	52 mcg	85 mcg
Controls metabolism of glucose, carbohydrate, protein and fat	Chromium	145 mcg	++
HELPS SUPPORT	PLANT CONCENTRATES		
Natural Antioxidant	Citrus Bioflavonoid Concentrate	150 mg	++

Natural source of phytonutrients:
DOUBLE X® Concentrate contains natural AWP concentrate-Alfalfa Extract (leaf, stem), Watercress Dehydrate (leaf, stem), Parsley Dehydrate (leaf, stem), Brassica Concentrate - Broccoli (Brassica Oleracea) (floral), Armoracia rusticana, (Horseradish) (root), Citrus bioflavonoid concentrate (grapefruit, mandarin and lemon) (whole fruit and peel). These phytonutrients as well as the additional 12 essential vitamins (Vitamin A, C, E, D, B1, B2, Niacin, B6, B12, folic acid, biotin and pantothenic acid), 8 minerals (calcium, magnesium, zinc, copper, manganese, iodine, selenium, chromium) and 7 plant based antioxidants provide the exceptional NUTRIWAY advantage and help support your body's natural defences.

** Recommended Dietary Intake (RDI) for adult males 19 - 64 years of age. ++ RDI not established

Frequently Asked Questions

Q. Can you take NUTRIWAY DOUBLE X® while pregnant?

A. Yes, NUTRIWAY DOUBLE X® provides a daily dose of 500 mcg of folic acid, which if taken daily for one month before conception and during pregnancy, may reduce the risk of women having a child with birth defects of the brain and/or spinal chord such as the neural tube defects (NTD) known as spina bifida and anencephaly. The DOUBLE X® supplement contains natural beta carotene which only converts to vitamin A as required by the body.

Q. Why should NUTRIWAY DOUBLE X® be the basis of my supplement plan?

A. To help fill the gaps between what's in the foods you eat and the nutrition that your body needs for optimum health. DOUBLE X® helps meet virtually all your essential nutrient needs, offering you nutrients beyond the basic 24 vitamins and minerals, with concentrates from seven plant sources giving you more phytonutrients, providing additional bioflavonoids and antioxidants.

NUTRIWAY DOUBLE X® supplements are available three ways:

VS/Q0 6133 – **31-day supply** with 3-compartment case for tablets. Contains 62 gold, 62 silver and 62 bronze tablets.

VS/Q0 6134 – **62-day refill.** Contains 124 gold, 124 silver and 124 bronze tablets.

VS/Q0 6132 – **10-day supply** for travelling. Contains 20 gold, 20 silver and 20 bronze tablets.

90 Day Satisfaction Guarantee

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

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Energy you can feel all day



A vitamin/mineral/phytonutrient supplement contains essential nutrients, which may be missing in a typical diet today, as a result of lifestyle and due to eating processed foods, smoking, drinking alcohol, skipping meals, pollution and more.

Why supplement with a Multivitamin/Multimineral?

Even if you try to eat 5-9 servings of fruits and vegetables per day you may not always succeed. The Journal of the American Medical Association* has acknowledged that a daily multivitamin is one way to ensure adequate amounts of important vitamins, and recognises the link between vitamins and the reduced risk of chronic diseases.

* J Am Med Assoc 2002; 287: 3127-3129.

Who can benefit from a multivitamin/multimineral/phytonutrient supplement?

Anyone who:

- Needs more energy
- Has an inadequate diet (skips meals, eats less than 3 servings of fruit and 5 servings of vegetables per day)
- Has greater nutritional needs, because of lifestyle or lifestage demands (e.g. sports people, busy adults and the elderly)
- Eats highly processed foods, smokes or drinks alcohol
- Wants to support cardiovascular health
- Is pregnant and wants to reduce the risk of having a child with neural tube defects (NTD)

The NUTRIWAY Advantage

Nutrilite, the manufacturer of NUTRIWAY supplements, is the global leader in vitamins, minerals and dietary supplements¹, producing high-quality products using plant concentrates for the past 70 years. We are the only vitamin and mineral brand to grow, harvest and process plants on our own certified organic farms. We control the entire process from seed to supplement, to bring you the best of nature, and the best of science.



1. Based on sales in 2002. In tablet and capsule form. Euromonitor International.

Why NUTRIWAY® DOUBLE X®?

With vitamins, minerals and more plant nutrients than other leading brands NUTRIWAY DOUBLE X® is a high potency multivitamin/multimineral/phytonutrient supplement giving you more. Supercharged with concentrates from plant sources, DOUBLE X® is higher in antioxidants vitamin C and E, essential vitamins and minerals and phytonutrients.

Along with essential vitamins and minerals, NUTRIWAY DOUBLE X® contains the exclusive Nutrilite PHYTOFACTORS® Plant Compounds, for additional bioflavonoids, antioxidants and other phytonutrients. Phytonutrients perform hundreds of tasks in the body – and we're just beginning to identify and understand them.

NUTRIWAY DOUBLE X® supplies 100% or more of the recommended dietary intake for 12 essential vitamins and 8 minerals per daily serving and 7 natural plant concentrates.

The NUTRIWAY DOUBLE X® Plant Concentrate blend contains a balanced phytonutrient profile in: Alfalfa, Watercress, Parsley, Acerola Cherry, Horseradish, Broccoli, Grapefruit, Mandarin and Lemon (alfalfa is one of the most nutritious crops, rich in minerals and vitamins and is organically grown on Nutrilite farms) and every batch is subjected to more than 600 quality checks for purity and potency.

Why are phytonutrients important?

Nature created plants, fruits and vegetables to be full of other nutrients beyond vitamins and minerals, called phytonutrients. Research has shown that a diet high in phytonutrients can help decrease degenerative disease.

That's why our supplements are a combination of essential vitamins and minerals and the exclusive Nutrilite PHYTOFACTORS® Plant Compounds, for additional bioflavonoids, antioxidants and other phytonutrients, because of their valuable role in protecting your health.



POWERFUL ENERGY YOU CAN FEEL ALL DAY



By using pure plant extracts, we have captured the nutrients of the whole plant for a more potent vitamin and mineral supplement. That provides a wider spectrum of nutrients than synthetic supplements which offer only isolated individual "single" vitamins and minerals. The NUTRIWAY DOUBLE X® supplement gives you balanced nutrition the way nature intended.

NUTRIWAY DOUBLE X® helps to:

- Support healthy eyes
- Strengthen bones and teeth
- Sustain healthy thyroid function
- Support a healthy heart by helping to maintain healthy cholesterol levels with crucial nutrients like vitamin B, vitamin E and folic acid
- Reduce the duration and severity of symptoms of colds, flu and hay fever
- Fortify the immune system
- Support energy production and nerve function
- Control metabolism of glucose, carbohydrate, protein and fat
- Assist in the prevention and treatment of osteoporosis
- Relieve nervous tension and stress
- Maintain normal blood

Contains:

Antioxidants

Contains a wide range of antioxidants including

- Vitamin C
- Vitamin E
- Beta carotene and bioflavonoids which are antioxidants and synergistically complement each other in scavenging damaging free radicals in the body

Vitamin E

- Important for the stability of cell membranes, by protecting fatty acids from oxidation by free radicals; and an essential antioxidant during energy production

B vitamins which help

- Provide energy
- Relieve nervous tension, stress and mild anxiety
- Play an important role in production of red blood cells
- Help maintain a healthy nervous system

Vitamin B1

- Necessary for normal metabolism of carbohydrates and neurological function and is essential in the production of energy

Vitamin B2

- Enhances cells' ability to use oxygen; contributes to normal structure of mucous membranes such as mouth, eyes and intestines and is involved in energy production

Vitamin B3

- Helps with the metabolism of carbohydrates, contributes to normal structure of mucous membranes such as mouth, eyes and intestines and is essential for energy

Vitamin B6

- Essential for energy, required for normal metabolism of protein, increases stamina. Contributes to normal blood homocysteine levels

Vitamin B12

- Increases energy. Necessary for normal cell division, function of neurological system and contributes to maintenance of normal blood homocysteine levels

Folic Acid

- Helps maintain a healthy heart (by helping to lower elevated Homocysteine levels); improves the elasticity of blood vessels
- Lowers the risk of Neural Tube Birth Defects by approximately 70% if taken daily for one month before conception and during pregnancy

Biotin

- Biotin contributes to normal fat metabolism and is closely involved in energy production

Pantothenic Acid, Vitamin B5

- A potent antioxidant. Increases stamina. Necessary for fat metabolism

Calcium, which

- Strengthens bones for children and adults
- May help in the prevention and treatment of osteoporosis
- Is involved in muscle activity, nerve activity and bone metabolism
- Can be helpful for women during pregnancy, lactation and after menopause

- NO artificial colours, flavours or preservatives
Especially suitable for those who want high quality ingredients
- NO added dairy, gluten or sugar

Dosage: Suitable for adults or children over 15 years old: Take one gold, one silver and one bronze tablet two times a day with meals.

Advisory: This product contains selenium which is toxic in high doses. Selenium containing products are not suitable for use by children under 15 years old. Store tablets in foil bags in a cool dry place (below 25°).

It is important to take the NUTRIWAY DOUBLE X® supplement with food, because the presence of food in the stomach stimulates the production of acids and enzymes which are required for the digestion and proper absorption of nutrients. If you take the supplements without food, this may cause a stomach upset.

Contains no iron, for people who should not supplement their iron intake.

Complementary supplements: Supporting DOUBLE X® with other NUTRIWAY specialty supplements, herbals and antioxidant vitamins can only benefit your overall health and wellbeing.

By using pure plant extracts, known as PHYTOFACTORS® Plant Compounds, NUTRIWAY has captured the nutrients of the whole plant for a more powerful supplement.

In fact, DOUBLE X® is super charged with higher potency vitamins, minerals and plant concentrates than three major competitors. Feel the difference with just three tablets twice daily.



Expect more from your multivitamin

These examples below show how much you'd have to eat in order to get the optimal levels of just some of the nutrients in the DOUBLE X® supplement!

- Vitamin E**
67 tablespoons of peanut butter
- Vitamin C**
7 cups of rockmelon pieces
- Vitamin B12**
4.3 kgs of ground beef
- Folate**
4 cups of baked beans
- Niacin**
3 whole chicken breasts
- Thiamin**
25 x 140 gm servings of pork loins
- Riboflavin**
17 litres of milk
- Magnesium**
6 1/3 cups of peas
- Vitamin B6**
76 medium bananas