

Truvy Dailies

Truvy dailies were designed with your waistline in mind



So what's in Truvy Dailies?

It has all of the required vitamins and minerals your body needs each day to function at its best. We're talking about vitamin A, C, D, and E, magnesium, zinc and iron, just to name a few. In the right amount that the latest research says you really need.

But your body needs more than just vitamins and minerals every day. You need antioxidants and nutrients that target all the main areas of your body from a wide variety of amazing plants from around the world. Truvy Dailies has ubiquinol for energy and metabolism, turmeric and Boswellia for antioxidants and joints, and the omega-3s DHA and EPA for heart health.* Beta carotene, lutein and zeaxanthin for eye health, and pycnogenol pine bark extract for antioxidant, cell and blood chemistry support.*

And because some nutrients and needs are different for men and women, we offer two versions, one for men and one for women. Most things are the same, but men get extra lycopene and saw palmetto for prostate health and women get iron, extra folate, and cranberry for urinary and reproductive health.*

Truvy Dailies is Truvy's solution to support your daily nutrition needs. With Truvy Dailies, your body will have all the tools to function at its best, plus a powerful blend of plant nutrients to encourage overall wellness, prevent oxidation, provide immune system support, and help most of the systems in your body work optimally.* We've designed a formula to support joints, eyes, skin, bones, mental health—you name it, it's in there! You need a daily supplement this powerful if you want to do, be, and become your best self; whether you're losing weight or maintaining, you need this, every day, from now on.

What is the Truvy Dailies origin story?

Truvy® has always cared about your nutrition and daily health. In fact, we've had a number of products available for many years. This includes Complete, Omega-3, Pycnogenol and Ubiquinol. The challenges were that you had to order 4 products, open 4 products, and take a lot more, and a lot larger (gulp), capsules. What if we could give you all the benefits of all four of those products, plus even more healthy, powerful ingredients, and put it all into one easy to take with you packet, make all the capsules small and easy to swallow, and still be half the cost?

So that's what we did. Each Truvy Dailies box has an amazing drawer design with 30 packets in each box. Each packet has 5 capsules, and you ideally take 2 packets a day, though even one a day will make you feel amazing! And the drawer teaches you more about the products the further you open it. Fun stuff.

**So don't delay, but
start today, with
Truvy Dailies.**

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Men's Vitamins

Directions for use: Take one packet with your morning and evening meals.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per 1 Packet	%Daily Value
Vitamin A (as beta-carotene)	900 mcg RAE	100%
Vitamin C (as calcium ascorbate)	180 mg	200%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopherol)	30 mg	200%
Vitamin K (as phytonadione)	60 mcg	50%
Thiamine (as thiamine mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg NE	100%
Vitamin B6 (as pyridoxal-5' phosphate)	3.4 mg	200%
Folate (as folic acid)	600 mcg DFE (353 mcg Folic Acid)	150%
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Choline (as choline bitartrate)	55 mg	10%
Calcium (as calcium carbonate and ascorbate)	68 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and citrate)	52.5 mg	13%
Zinc (as zinc amino acid chelate)	11 mg	100%
Selenium (as selenium amino acid complex) ⁵	5 mcg	100%
Copper (as copper chelate)	0.9 mg	100%
Manganese (as manganese amino acid chelate)	2.3 mg	100%
Chromium (as chromium glycinate)	35 mcg	100%
Molybdenum (as molybdenum glycinate chelate)	45 mcg	100%
Fish Oil	1000 mg	*
EPA and DHA	300 mg	
Antioxidant Protection Blend	305 mg	*
Turmeric (<i>Curcuma longa</i>) Root Extract, Ubiquinol (reduced coenzyme Q10), <i>Boswellia serrata</i> Gum Resin Extract, Citrus Bioflavonoids Complex, Pycnogenol® Pine Bark (<i>Pinus pinaster</i>) Extract (30 mg), Pomegranate (<i>Punica granatum</i>) Whole Fruit Extract, Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract, Grape Seed (<i>Vitis vinifera</i>) Extract, Green Tea (<i>Camellia sinensis</i>) Leaf Extract.		
Men's Support Blend	146 mg	*
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract, Phytosterols, Inositol, Menaquinone-7, Alpha Lipoic Acid, Astaxanthin, Lycopene, Lutein (from marigold (<i>Tagetes erecta</i>) flower).		

*Daily Value not established.

Other Ingredients (capsules): Microcrystalline cellulose, hypromellose (capsule), stearic acid (vegetable), magnesium stearate, silicon dioxide, maltodextrin, mannitol, modified food starch, glucose syrup, dicalcium phosphate.

Other Ingredients (softgels): Sunflower seed oil, rice bran wax, sunflower lecithin, modified corn starch, glycerin, carrageenan, sorbitol, purified water, annatto (colorant). Contains Wheat

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Women's Vitamins

Directions for use: Take one packet with your morning and evening meals.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per 1 Packet	%Daily Value
Vitamin A (as beta-carotene)	900 mcg RAE	100%
Vitamin C (as calcium ascorbate)	180 mg	200%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopherol)	30 mg	200%
Vitamin K (as phytonadione)	60 mcg	50%
Thiamine (as thiamine mononitrate)	2.4 mg	200%
Riboflavin	2.6 mg	200%
Niacin (as niacinamide)	16 mg NE	100%
Vitamin B6 (as pyridoxal-5' phosphate)	3.4 mg	200%
Folate (as folic acid)	1000 mcg DFE (588 mcg Folic Acid)	250%
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	100%
Choline (as choline bitartrate)	55 mg	10%
Calcium (as calcium carbonate and ascorbate)	68 mg	5%
Iron (as iron bisglycinate chelate)	9 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and citrate)	52.5 mg	13%
Zinc (as zinc amino acid chelate)	11 mg	100%
Selenium (as selenium amino acid complex)	55 mcg	100%
Copper (as copper chelate) ⁰	.9 mg	100%
Manganese (as manganese amino acid chelate)	2.3 mg	100%
Chromium (as chromium glycinate)	35 mcg	100%
Molybdenum (as molybdenum glycinate chelate)	45 mcg	100%
Fish Oil	1000 mg	*
EPA and DHA	300 mg	
Antioxidant Protection Blend	305 mg	*
Turmeric (<i>Curcuma longa</i>) Root Extract, Ubiquinol (reduced coenzyme Q10), <i>Boswellia serrata</i> Gum Resin Extract, Citrus Bioflavonoids Complex, Pycnogenol® Pine Bark (<i>Pinus pinaster</i>) Extract (30 mg), Pomegranate (<i>Punica granatum</i>) Whole Fruit Extract, Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract, Grape Seed (<i>Vitis vinifera</i>) Extract, Green Tea (<i>Camellia sinensis</i>) Leaf Extract.		
Women's Support Blend	115 mg	*
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Concentrate, Phytosterols, Inositol, Menaquinone-7, Alpha Lipoic Acid, Astaxanthin, Lycopene, Lutein (from marigold (<i>Tagetes erecta</i>) flower).		

*Daily Value not established.

Other Ingredients (capsules): Microcrystalline cellulose, hypromellose (capsule), stearic acid (vegetable), magnesium stearate, silicon dioxide, maltodextrin, guar gum, sunflower lecithin, mannitol, modified food starch, glucose syrup, dicalcium phosphate.

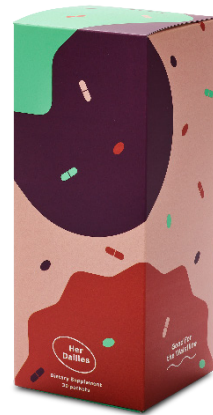
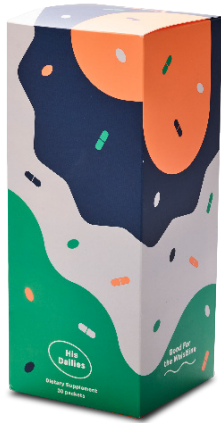
Other Ingredients (softgels): Sunflower seed oil, rice bran wax, sunflower lecithin, modified corn starch, glycerin, carrageenan, sorbitol, purified water, annatto (colorant). Contains Wheat

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Ingredient information

Vitamin A- Important for the skin, vision, and the immune system.*

Vitamin C- An important protective antioxidant; also required to build and maintain connective tissue.*

Vitamin D- Required for calcium absorption and bone synthesis. Also important for immune and cognitive health.*

Vitamin E- A fat soluble antioxidant that helps protect cell membranes.*

Vitamin K- Important in blood clotting, bone metabolism and cell growth.*

Thiamin- Critical for energy metabolism.*

Riboflavin- Also important in energy metabolism.*

Niacin- Important for energy metabolism and protein synthesis.*

Vitamin B6- Important in energy and amino acid metabolism.*

Folate- Critical for the formation of DNA and RNA, and cell growth. Also involved in energy metabolism.*

Vitamin B12- Important in DNA synthesis, protein synthesis and energy metabolism.*

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Biotin- An important support molecule for many enzymes involved in energy metabolism.*

Pantotheic acid- Important for energy metabolism, and hormone and neurotransmitter synthesis.*

Choline- Important for cell membranes and nerve function.*

Calcium- The fifth most abundant element in the body. Used in nerve signaling, muscle contraction, and bone formation.*

Iodine- Needed by the thyroid gland to make hormones which help regulate metabolism. Iodine deficiency is the most common cause of a goiter.*

Magnesium- It is necessary for protein synthesis, muscle and nerve function, blood glucose control, and energy production.*

Zinc- Used by the body for many important processes, including protein synthesis, activating enzymes, and cell signaling.*

Selenium- It is incorporated into about 25 different proteins, mainly used for antioxidant defense.*

Copper- An essential cofactor for oxidation-reduction reactions.

Copper- containing enzymes are used in many different processes in the body, including energy production and iron metabolism.*

Manganese- Important for antioxidant enzymes, supporting blood sugar levels already within a healthy range, and neurotransmitter production.*

Chromium- A cofactor for enzymes that enhance the effects of insulin.*

Molybdenum- Needed for amino acid synthesis and other metabolic reactions.*

For Women's Dailies only

Iron- Important for hemoglobin formation for oxygen transport and red blood cell formation.*

Extra Folate- Critical for the formation of DNA and RNA, and cell growth. Also involved in energy metabolism.*

Fish oil

EPA and DHA- Supports brain health and brain function, including mood. Supports cardiovascular health by supporting healthy triglycerides and blood pressure already within normal range.* Helps regulate various metabolic pathways.*

Antioxidant Protection Blend

Turmeric (Curcuma longa) root extract- Increases antioxidants in the body, contributes to a positive mood, and supports joint health and function.*

Ubiquinol (reduced coenzyme Q10)- A powerful protective antioxidant, as well as a key part of energy metabolism in the mitochondria of every cell in your body.*

Boswellia serrata gum resin extract- Helps support joint maintenance and supports other aspects of daily function. Promotes healthy cellular function and protection.*

Citrus bioflavonoids complex- Supports healthy circulation and brain function.*

Pycnogenol pine bark (Pinus pinaster) extract- Supports blood sugar levels already within a healthy range, healthy circulation, and general daily health.*

Pomegranate (Punica granatum) whole fruit extract- A source of potent antioxidants that support general health.*

Bilberry (Vaccinium myrtillus) fruit extract- An excellent source of antioxidants. Supports general health and healthy cognition.*

Grape seed (Vitis vinifera) extract- Natural antioxidants that help prevent lipid oxidation in cells.*

Green tea (Camellia sinensis) extract- A great source of unique antioxidants that support many aspects of general health and well-being.*

Women's Support Blend

Cranberry (Vaccinium macrocarpon) fruit concentrate- Support urinary tract health, particularly in women.*

Phytosterols- Helps the body manage cholesterol levels already within range.*

Inositol- Helps support blood glucose levels already within a healthy range and contributes to cellular communication.*

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Menaquinone-7- Supports bones and protects cardiovascular health.*

Alpha lipoic acid- An antioxidant that helps regenerate other antioxidants. Also helps with energy metabolism and insulin activation.*

Astaxanthin- A unique carotenoid antioxidant that supports eye health and helps protect against oxidative stress.*

Lycopene- A unique protective carotenoid antioxidant; also supports skin health.*

Lutein (from marigold (*Tagetes erecta*) flower)- A carotenoid that concentrates in the eye and is thought to play a role in supporting the eye against light damage.*

Men's Support Blend

Saw palmetto (*Serenoa repens*) berry extract- May support the urinary tract and prostate health in men.*

Phytosterols- Helps the body manage cholesterol levels already within range.*

Inositol- Helps support blood glucose levels already within a healthy range and contributes to cellular communication.*

Menaquinone-7- Supports bones and protects cardiovascular health.*

Alpha lipoic acid- An antioxidant that helps regenerate other antioxidants. Also helps with energy metabolism and insulin activation.*

Astaxanthin- A unique carotenoid antioxidant that supports eye health and helps protect against oxidative stress.*

Lycopene- A unique protective carotenoid antioxidant; also supports prostate health.*

Lutein (from marigold (*Tagetes erecta*) flower)- A carotenoid that concentrates in the eye and is thought to play a role in supporting the eye against light damage.*

Other ingredients (capsules)

Microcrystalline cellulose- Helps disperse ingredients throughout the capsule so each capsule contains the right amount of each ingredient.

Hypromellose (capsule)- Creates the structure of the capsule itself.

Stearic acid (vegetable)- Helps the ingredients compact during capsule filling to ensure each capsule contains the full amount of each ingredient.

Magnesium stearate- Helps the ingredients flow during capsule filling to ensure each capsule contains the full amount of each ingredient.

Silicon dioxide- Helps ingredients not stick together to ensure each capsule contains the full amount of each ingredient.

Maltodextrin- A starch that helps disperse certain ingredients.

Mannitol- A sugar alcohol that helps disperse certain ingredients.

Modified food starch- A starch that helps mix certain ingredients.

Glucose syrup- Helps to disperse certain ingredients.

Dicalcium phosphate- Helps stabilize and evenly mix certain ingredients.

Other ingredients (softgels)

Sunflower seed oil- A carrier ingredient that helps disperse ingredients.

Rice bran wax- Added to help carry other ingredients.

Sunflower lecithin- Helps emulsify ingredients so they mix more evenly.

Modified corn starch- Part of the structure of the softgel itself.

Glycerin- Part of the structure of the softgel itself.

Carrageenan- Part of the structure of the softgel itself.

Sorbitol- Part of the structure of the softgel itself.

Purified water- Part of the structure of the softgel itself.

Annatto (natural colorant)- Helps give the softgel itself a more red color.

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