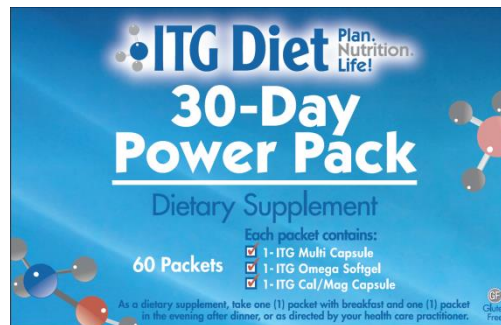
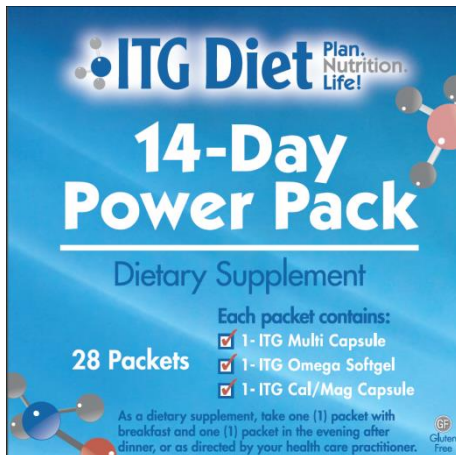


Easy to use Twice Daily Supplements while you are on the ITG Diet. Just carry in your purse or briefcase. No need to count, sort or measure. One to be taken at breakfast and once in the evening with your dinner. Each packet contains one each of the following ITG supplements, 1 Multi capsule, 1 Omega soft gel and 1 Calcium Magnesium capsule. The packets are a perfect foundation for people just getting starting point on a weight loss program, other health regimens or for comprehensive maintenance. *Comes in 30 day packs or 14 day packs.*



ITG Cal/Mag

SUPPLEMENT FACTS

Serving size 1 capsule

Amount Per Serving		% Daily Value
Calcium	90mg	99%*
<small>(as DimaCal® Di-Calcium Malate)</small>		
Magnesium	90mg	23%*
<small>(as Albion® Di-Magnesium Malate)</small>		

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Magnesium Stearate, Vegetarian Capsules

Distributed by ITG Diet
(727) 388-4850
St. Petersburg, FL

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Albion and DimaCal are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patent pending.

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.

WARNING: Consult with your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

Notice: Color, size or shape may appear different between lots.

DO NOT REFRIGERATE. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

ITG Multi

SUPPLEMENT FACTS

Serving size 1 capsule

Amount Per Serving		% Daily Value
Vitamin A (as retinyl palmitate)	1600IU	32%*
Vitamin C (as ascorbic acid)	250mg	417%*
Vitamin D (as cholecalciferol)	250IU	63%*
Vitamin E (as d-alpha tocopheryl succinate)	12IU	40%*
Thiamin (Vitamin B-1)(as thiamine hcl)	25mg	1667%*
Riboflavin (Vitamin B-2)	15mg	883%*
Niacin (Vitamin B-3)(as niacinamide)	15mg	75%*
Vitamin B-6 (as pyridoxine hcl)	25mg	1250%*
Folate (Vitamin B9 Folic acid)	200mcg	50%*
Vitamin B-12 (as methylcobalamin)	250mcg	4167%*
Biotin (as d-biotin)	150mcg	50%*
Pantothenic Acid (as d-calcium pantothenate)	25mg	250%*
Iodine (as potassium iodine)	37mcg	25%*
Zinc (as amino acid chelate)	7mg	50%*
Manganese (as amino acid chelate)	1mg	50%*
Selenium (as amino acid chelate)	100mcg	143%*
Chromium (as amino acid chelate)	200mcg	167%*
Mixed Tocopherols	79mg	†
Alpha Lipic Acid	10mg	†

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

Other ingredients: Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Vegetarian Capsules

ITG Omega

SUPPLEMENT FACTS

Serving size 1 softgel

Amount Per Serving		% Daily Value
Calories	5	
Calories from Fat	4.3	
Total Fat	.5g	0.67%*
Saturated Fat	.13g	0.67%*
Trans Fat	0	
Polyunsaturated Fat	.23g	
Monounsaturated Fat	.13g	
Total Carbohydrate	.07g	<1%
Protein	.13g	<1%
Vitamin E	3 IU	10%
Omega-3 Fatty Acids	.17g	170mg
Omega-6 Fatty Acids	.07g	70mg
Omega-9 Fatty Acids	.13g	130mg

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Marine oil (may contain one or more of anchovy, cod, halibut, mackerel, sardine or tuna fish body oils), borage seed oil, gelatin, methacrylic acid copolymers, glycerine, water, hydroxypropylmethylcellulose, DL-alpha-tocopherol.