

Peel Here
for more information

Do Not Eat Freshness Packet. Keep In Bottle.
Store in a cool, dry place. Please Recycle.

Caution: Diabetics and Hypoglycemics should consult with a qualified health practitioner before using.

*A4C = Amino Acid Chelate. Made in the U.S.A. www.protocol.com

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica. Contains soy derivative. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.

† Daily Value not established.

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules	Servings Per Container 60	
Beta-Carotene (as pro-Vitamin A 1.5 mg)	2500 IU	50%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol)	250 IU	60%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	670%
Biotin (from Thiamine HCl)	15 mg	600%
Phosphorus (from Thiamine HCl)	15 mg	600%
Niacin (as Nicotinamide and Niacin)	70 mg	350%
Vitamin B-6 (from Pyridoxine HCl)	16.5 mg	825%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	40 mcg	670%
Biotin	1.6 mg (1,600 mcg)	535%
Pantothenic Acid (from Calcium Pantothenate)	60 mg	600%
Calcium (from Citrate, Lactate, Ascorbate and Pantothenate)	35 mg	10%
Magnesium (from Oxide and Aspartate)	15 mg	30%
Zinc (from AAC†)	15 mg	100%
Selenium (from L-Selenomethionine)	62.5 mcg	90%
Copper (from AAC†)	900 mcg	45%
Manganese (from AAC†)	2.5 mg	125%
Chromium (from Chromium Chelate® and Aspartate)	400 mcg	330%
Potassium (from Chloride and Aspartate)	50 mg	2%
Gymnema sylvestre Extract (min. 25% (Leaf)	50 mg	
L-Carnitine (from L-Carnitine Tartrate)	20 mg	
Choline (from Choline Bitartrate)	15 mg	
Inositol	15 mg	
Vanadium (from Vanadium AAC†)	9 mcg	

Supplement Facts

Serving Size 2 Capsules Servings Per Container 60



PROTOCOL
FOR LIFE BALANCE™

True Balance™ Multi-Vitamin

- Supports Healthy Blood Sugar Levels Already Within the Normal Range*
- Supports Carbohydrate Metabolism*

Recommended by
Julia Ross, M.A.
Author of *The Diet Cure*

10% of profits donated for health research

120 Capsules

A Dietary Supplement

SUGGESTED USAGE: As a dietary supplement, take 2 capsules twice daily with or before meals.

True Balance™ is a multiple vitamin and mineral supplement that has been developed to provide support for the maintenance of blood sugar levels already within the healthy range*. True Balance™ contains trace minerals such as Chromium and Vanadium, and the herb *Gymnema sylvestre*, which have been shown to support serum glucose levels that are already within the healthy range*. In addition, True Balance™ supplies a full complement of B-vitamins, including high amounts of Thiamine and Biotin, which are known for their critical role in carbohydrate metabolism.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

CODE P3380 V2

7 07359 13380 8

True Balance™ is a premier multiple vitamin and mineral supplement designed to provide substantial support for the maintenance of blood sugar levels that are already within the healthy range.*

True Balance™ contains important trace minerals, such as Chromium and Vanadium. Chromium works as a cofactor of insulin, assisting cells to take up glucose and use it as energy. Vanadium has been shown to support the body's efficient use of insulin.*

In addition, True Balance™ supplies a full complement of the 8 individual B vitamins (often referred to as the B-complex vitamins). True Balance™ contains high amounts of Thiamine, (vitamin B1), which helps the body's cells convert carbohydrates into energy, and Biotin, which is also well known for its role in metabolizing carbohydrates.*

Finally, we've included *Gymnema sylvestre* extract. *Gymnema* is a plant native to India and parts of Asia that has been known to support healthy glucose utilization.*

Cautions and Interactions

Chromium and *Gymnema* supplements may interact with certain diabetes medications. Carefully monitor blood sugar levels if you are concurrently taking chromium and *Gymnema* with these medications.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

This product contains an Ageless® anti-oxygen packet to enhance protection during storage.