

CAPSULE SIZE

Made in the
USA



CODE 3380
V7

Caution: For adults only. Diabetics and Hypoglycemics should consult with a physician before using. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle.

high amounts of Thiamin and Biotin, which are known for their critical role in carbohydrate metabolism.*

SUGGESTED USAGE: As a dietary supplement, take 2 capsules twice daily with food. Consider taking these other NOW® products: *Gymnema sylvestre* Extract and Alpha Lipoic Acid.

True Balance™ from NOW is a multiple vitamin and mineral supplement that has been designed to provide support for the maintenance of healthy blood sugar levels already within the normal range. True Balance™ has trace minerals, such as Chromium and Vanadium, and the herb *Gymnema sylvestre*, which have been shown to support healthy serum glucose levels already within the normal range. In addition, True Balance™ supplies a full complement of B-vitamins, including



True Balance™

HIGH POTENCY MULTIPLE

- Supports Healthy Blood Sugar Levels already within the normal range
- Supports Carbohydrate Metabolism*

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

120 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	2,500 IU	50%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	250 IU	63%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Thiamin (from Thiamin HCl)	20 mg	1333%
Riboflavin	15 mg	882%
Niacin (as Niacinamide 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	667%
Biotin	1.6 mg (1,600 mcg)	533%
Pantothenic Acid (from Calcium Pantothenate)	60 mg	600%
Calcium (from Citrate, Lactate, Ascorbate and Pantothenate)	93 mg	9%
Magnesium (from Aspartate and Oxide)	120 mg	30%
Zinc (from AAC*)	15 mg	100%
Selenium (from L-Selenomethionine)	62.5 mcg	89%
Copper (from AAC*)	0.9 mg	45%
Manganese (from AAC*)	2.5 mg	125%
Chromium (from Chelavite® and Aspartate)	400 mcg	333%
Potassium (from Chloride and Aspartate)	50 mg	1%
<i>Gymnema sylvestre</i> Extract (Leaves)	50 mg	†
L-Carnitine (Carnipure™) (from L-Carnitine Tartrate)	20 mg	†
Choline (from Choline Bitartrate)	15 mg	†
Inositol	15 mg	†
Vanadium (from AAC*)	9 mcg	†

† Daily Value not established.

Other Ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica. Vitamin E from soy.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/3380

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. AAC* = Amino Acid Chelate

Chelavite® is a registered trademark of Albion Labs. Carnipure™ offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland. Store in a cool, dry place after opening. Please Recycle.

*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.