

**Suggested Usage:** Take 2 capsules twice daily with food.

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Caution:** For adults only. Diabetics and hypoglycemics should consult with a physician before using this product. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to [nowfoods.com/biotinlab](http://nowfoods.com/biotinlab) for details.

\*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.



CODE  
3380E  
V16



# True Balance™

Multi Vitamin & Mineral

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

120 Veg Capsules

A Dietary Supplement



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 60

	Amount Per Serving	%Daily Value
Vitamin A (100% as Beta-Carotene)	750 mcg	83%
Vitamin C (from Calcium Ascorbate)	120 mg	133%
Vitamin D-3 (as Cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha Tocopheryl Succinate)	134 mg	893%
Thiamin (from Thiamin HCl)	20 mg	1667%
Riboflavin	15 mg	1154%
Niacin (as Niacinamide and Niacin)	70 mg	438%
Vitamin B-6 (from Pyridoxine HCl)	16.5 mg	971%
Folate	340 mcg DFE [200 mcg (6S)-5-MTHF**]	85%
[from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt]		
Vitamin B-12 (as Methylcobalamin)	40 mcg	1667%
Biotin	1,600 mcg	5333%
Pantothenic Acid (from Calcium Pantothenate)	60 mg	1200%
Choline (from Choline Bitartrate)	15 mg	3%
Calcium (from Calcium Citrate and Ascorbate)	60 mg	5%
Magnesium (from Magnesium Citrate and Bisglycinate - TRAACS™)	30 mg	7%
Zinc (from Zinc Gluconate)	15 mg	136%
Selenium (from L-Selenomethionine)	62.5 mcg	114%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2.5 mg	109%

	Amount Per Serving	%Daily Value
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	450 mcg	1286%
Potassium (from Potassium Chloride and Citrate)	50 mg	1%
<i>Gymnema sylvestre</i> Extract (Leaf)	50 mg	†
L-Carnitine (Carnipure®) (from L-Carnitine Tartrate)	20 mg	†
Inositol	15 mg	†
Vitamin K-2 (as Menaquinone-7) (MK-7) (MenaQ7®)	50 mcg	†
Vanadium (from Amino Acid Chelate)	9 mcg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending.; Carnipure® is a Lonza trademark.; TRAACS™ is a trademark of Albion Laboratories, Inc.; Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.

\*\*MTHF = Methyltetrahydrofolate

