

SUGGESTED USAGE: As a dietary supplement, take 2 capsules twice daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: True Balance™ is a multiple vitamin and mineral supplement that has been designed to support the maintenance of healthy blood sugar levels throughout the day.* True Balance™ contains well-known nutritional factors such as a full complement of B-vitamins, as well as trace minerals that support healthy blood sugar metabolism by enhancing the ability of cells to accept and utilize glucose efficiently.* True Balance™ also contains Chromium, which has been shown to support blood sugar levels that are already within the healthy range.* The herb *Gymnema sylvestre* has also been included to further support proper pancreatic function.*

CAUTIONS/INTERACTIONS: The ingredients in this product may interact with medications, especially those that affect blood sugar and the anticoagulant orthovanadate. If you are diabetic, hypoglycemic, or have any other health condition, consult your healthcare practitioner before taking this product. For more information on this product go to www.protocolforlife.com/P3380

Do Not Eat Freshness Packet. Keep in Bottle.

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.

PROTOCOL
FOR LIFE BALANCE®

True Balance™ Multi-Vitamin

- Helps to Maintain Blood Sugar Levels Already Within the Healthy Range*
- Supports Proper 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%
Folate (as 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 and Ascorbate)	93 mg	9%
Magnesium (from Magnesium Oxide)	120 mg	30%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from L-Selenomethionine)	62.5 mcg	89%
Copper (from Copper Bisglycinate) (TRAACS®)	0.9 mg	45%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2.5 mg	125%
Chromium (from Chelavite® and Aspartate)	400 mcg	333%
Potassium (from Chloride and Citrate)	50 mg	1%

	Amount Per Serving	%Daily Value
<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 Amino Acid Chelate)	9 mcg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Vitamin E from soy.

Protocol For Life Balance®

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

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.

Carnipure™ offers purest L-Carnitine and is a trademark of Lonza Ltd, Switzerland.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Chromium Chelavite® is a registered trademark of Albion Laboratories, Inc.

CODE P3380Z V7

