

*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.

Suggested Usage: Take 2 capsules twice daily with food.



True Balance™

Multi Vitamin & Mineral

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

120 Capsules

A Dietary Supplement

Vitamins

Family owned since 1968.

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	1,600 mcg	533%
Pantothenic Acid (from Calcium Pantothenate)	60 mg	600%
Calcium (from Calcium 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

Gymnema sylvestre Extract (Leaf)	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 non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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

Chelavite® is a registered trademark of Albion Laboratories, Inc.; 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.

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.

Do Not Eat Freshness Packet. Keep in Bottle.



CODE 3380Z V10



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