



# True Balance™

Multi Vitamin & Mineral

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

120 Capsules

A Dietary Supplement

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

Not manufactured with wheat, gluten, milk, egg, fish or shellfish 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.

**Do Not Eat Freshness Packet. Keep in Bottle.**

\*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 3380B V11



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## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 2 Capsules Servings Per Container 60

|                                                                                                                        | Amount<br>Per Serving | %Daily<br>Value |
|------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------|
| Vitamin A (100% as Beta-Carotene)                                                                                      | 2,500 IU              | 50%             |
| Vitamin C (from Calcium Ascorbate)                                                                                     | 120 mg                | 200%            |
| Vitamin D-3 (as Cholecalciferol)                                                                                       | 500 IU                | 125%            |
| Vitamin E (as d-alpha Tocopheryl Succinate)                                                                            | 200 IU                | 667%            |
| Vitamin K-2 (as Menaquinone-7) (MK-7)<br>(from Non-GMO Natto)                                                          | 50 mcg                | 63%             |
| 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 (6S)-5-Methyltetrahydrofolate]<br>[from Quatrefolic® (6S)-5-Methyltetrahydrofolic Acid<br>Glucosamine Salt] | 200 mcg               | 50%             |
| Vitamin B-12 (as Methylcobalamin)                                                                                      | 40 mcg                | 667%            |
| Biotin                                                                                                                 | 1,600 mcg             | 533%            |
| Pantothenic Acid<br>(from Calcium Pantothenate)                                                                        | 60 mg                 | 600%            |
| Calcium (from Calcium Citrate and Ascorbate)                                                                           | 93 mg                 | 9%              |
| Magnesium (from Magnesium Citrate<br>and Bisglycinate - TRAACS®)                                                       | 40 mg                 | 10%             |
| Zinc (from Zinc Gluconate)                                                                                             | 15 mg                 | 100%            |
| Selenium (from L-Selenomethionine)                                                                                     | 62.5 mcg              | 89%             |
| Manganese<br>(from Manganese Bisglycinate) (TRAACS®)                                                                   | 2.5 mg                | 125%            |

|                                                         | Amount<br>Per Serving | %Daily<br>Value |
|---------------------------------------------------------|-----------------------|-----------------|
| Chromium<br>(from Chromium Chelavite®)                  | 450 mcg               | 375%            |
| Potassium<br>(from Potassium Chloride and Citrate)      | 50 mg                 | 1%              |
| <i>Gymnema sylvestre</i> Extract (Leaf)                 | 50 mg                 | †               |
| L-Carnitine (Carnipure™)<br>(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.

Contains soy.

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