

SUGGESTED USAGE: 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.*

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 or hypoglycemic, or have any other health condition, consult your healthcare practitioner before taking this product.

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

Do not eat freshness packet. Keep in bottle.

Natural color variation may occur in this product.

*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*

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)	500 IU	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K-2 (as Menaquinone-7) (MK-7) (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] [from Quatrefolic® (6S)-5-Methyltetrahydrofolic Acid Glucosamine Salt]	200 mcg	50%
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 Citrate and Bisglycinate - TRAACS®)	40 mg	10%
Zinc (from Zinc Gluconate)	15 mg	100%
Selenium (from L-Selenomethionine)	62.5 mcg	89%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2.5 mg	125%

	Amount Per Serving	% Daily Value
Chromium (from Chromium Chelavite®)	450 mcg	375%
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	†
Choline (from Choline Bitartrate)	15 mg	†
Inositol	15 mg	†
Vanadium (from Amino Acid Chelate)	9 mcg	†

† Daily Value not established.

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

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