

CAPSULE SIZE

Made in the
USA



CODE 3380 ZT
V9



True Balance™

HIGH POTENCY MULTIPLE

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

Recommended by Julia Ross, M.A.
Author of *The Diet Cure*

120 Capsules
A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take 2 capsules twice daily with food. Consider taking these other NOW® products: *Gymnema sylvestre* Extract and Alpha Lipotic Acid.

True Balance™ from NOW is a multiple vitamin and mineral supplement that has been designed to provide support for the maintenance of healthy blood sugar levels already within the normal range. True Balance™ has trace minerals, such as Chromium and Vanadium, and the herb *Gymnema sylvestre*, which have been shown to support healthy serum glucose levels already within the normal range. In addition, True Balance™ supplies a full complement of B-vitamins, including high amounts of Thiamin and Biotin, which are known for their critical role in carbohydrate metabolism.*

Caution: For adults only. Diabetics and Hypoglycemics should consult with a physician before using. 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.

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)	13 mg	87%
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 (Leaves)	50 mg	†
L-Carnitine (Carnipure™) (from L-Carnitine Tartrate)	20 mg	†
Choline (from Choline Bitartrate)	15 mg	†
Inositol	15 mg	†
Vanadium (from AAC*)	9 mcg	†

† Daily Value not established.

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

Vitamin E from soy.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/3380

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.

AAC* = Amino Acid Chelate

Chelavite® is a registered trademark of Albion Labs.

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

TRAACS® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 7,838,042 and patents pending.

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.