

Product description: Daily Choice Balance has been blended using chromium, a trace mineral known to contribute to the maintenance of normal blood glucose levels. To this we have added another 17 key ingredients including biotin that contributes to normal energy-yielding metabolism along with magnesium, vitamin B3, B6 and B12 which also contribute to a reduction of tiredness and fatigue. To support overall health, nutrients that contribute to the protection of cells from oxidative stress such as vitamin C, E and manganese have been added. To round the formula off we have included vitamin D for its contribution to the normal functioning of the immune system and iodine from natural kelp because it contributes to the normal production of thyroid hormones and normal thyroid function.

Instructions: Unless otherwise advised, take up to 2 capsules daily with food, or as directed by a health professional.

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DAILY CHOICE BALANCE

with Chromium and 17 other ingredients

**Chromium Contributes to the Maintenance
of Normal Blood Glucose Levels**

90 VEG CAPS

Supplement facts: Serving size: 2 capsules. Servings per container: 45

Amount per 1 capsule

Ingredient	Amount	% RI
Taurine	200mg	*
Alpha Lipoic Acid	50mg	*
Bitter Melon 4:1 (250mg whole herb equivalent)	62.5mg	*
Magnesium (Magnesium oxide)	50mg	13.3
Vitamin C	50mg	62.5
Cinnamon Bark extract 8:1 (250mg whole herb equivalent)	31.25mg	*
Niacin (vitamin B3)	25mg	156
Vitamin B6	10mg	714
Vitamin E (as d-alpha tocopherol)	10mg	83.3
Zinc (Zinc citrate)	5mg	50
Manganese (Manganese citrate)	2mg	75
Vanadium (Vanadyl sulphate)	500µg	*
Biotin	100µg	200
Chromium (Chromium picolinate)	100µg	250
Iodine (kelp 3% Iodine)	75µg	50
Vitamin B12 (as methylcobalamin)	50µg	2000
Vitamin D3	5µg	100

*No RDA established. Non active ingredients: Microcrystalline cellulose, HPMC capsule shell, maize, corn, starch.

Allergy Advice: contains soyabean.

Notes: If pregnant, nursing or taking any medication or have a medical condition please consult your health practitioner or doctor before taking any vitamin supplement. Keep out of the reach of Children. Store in a cool, dry place.

For batch number and best before date see base of tub.