Product No. 1770 Do not accept if seal is broken. Store between 59°-86°F. Keep out of the reach of children.

**WARNING**: Not for use by pregnant women. If you are diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, wheat, gluten, milk, salt, sugar, starch, preservatives or artificial color.

ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.I.

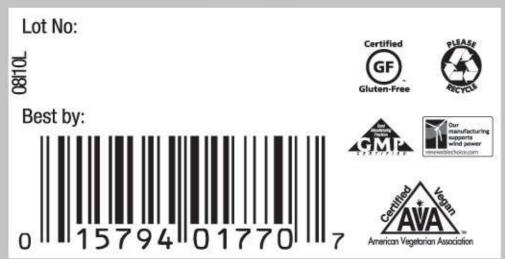
Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

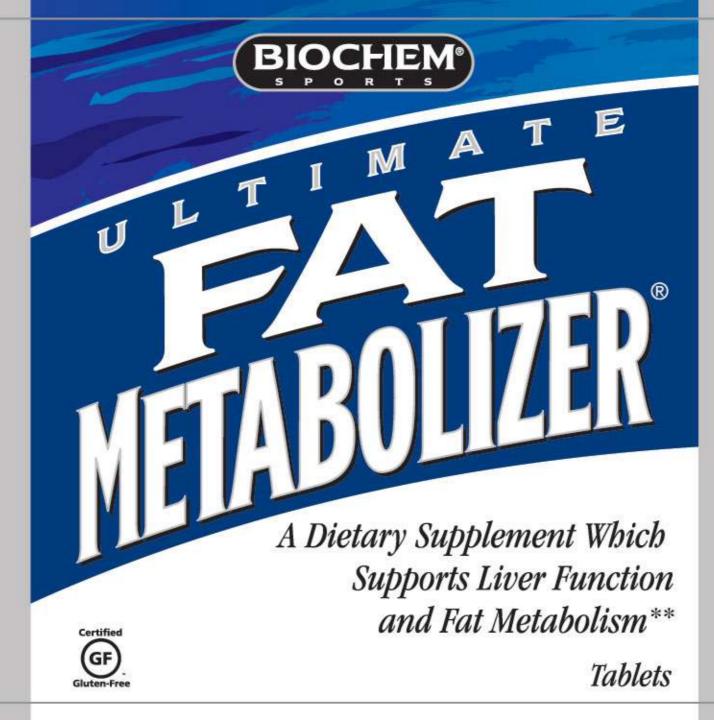
\*\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Biochem** 101 Corporate Drive Hauppauge, NY 11788 www.biochem-fitness.com









**Directions:** Adults take three (3) tablets before a meal or if preferred take one (1) tablet three (3) times daily before meals. Use with a low fat, reduced calorie diet and daily exercise program. As a reminder, discuss your diet and exercise plan and the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 3 tablets Servings Per Container 20

Amount Per Serving	% Daily Value	
Niacin (as chromium polynicotinate)	1.6 mg	8%
Vitamin B-6 (as pyridoxine <i>alpha</i> -ketoglutarate hydrochloride, pyridoxal 5' phosphate)	10 mg	500%
Chromium (as chromium polynicotinate, chromium picolinate)	400 mcg	333%
Inositol	500 mg	*
L-Methionine (free form)	500 mg	*
Taurine (free form)	500 mg	*
L-Carnitine (from 500 mg of L-carnitine tartrate)	340 mg	*
Choline (from 500 mg of choline bitartrate)	225 mg	*
Trimethylglycine (from 200 mg of trimethylglycine hydrochloride)	152 mg	*
Artichoke Extract (leaf) (5% cynarin equal to 7.5 mg	) 150.3 mg	*
Barberry Extract (bark/root)	100 mg	*
Dandelion Extract 4:1 (root)	100 mg	*
Milk Thistle (seed) (79% silymarin equal to 70 mg)	88.8 mg	*

Other Ingredients: Cellulose, stearic acid, magnesium stearate, cellulose & glycerin coating, silica, calcium silicate, vegetable glaze.

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