

**Do not accept if seal is broken. Product No. 2645**  
**Store between 59°-86° F. Keep out of the reach of children.**

The chromium complex (ChromeMate®) used in this product is yeast-free chromium that is organically bound with 1.3 mg of niacin.

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

**Brand of yeast-free chromium**

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:

08K11L



CHROME MATE®



# MINERALS

# CHROMIUM COMPLEX

200 mcg

A yeast-free biologically active chromium

Gluten-Free

Dietary Supplement

50 Vegetarian Capsules

**Directions:** Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Niacin (as chromium polynicotinate)	1.3 mg	7%
Chromium (as chromium polynicotinate)	200 mcg	167%

Other Ingredients: Cellulose, cellulose (capsule shell), silica, magnesium stearate.

**WARNING:** If you are pregnant or nursing, 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, corn, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

Manufactured by Country Life, LLC

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