

Complete H₂O Minerals

Van-Chr-Zin is a blend of **vanadium**, which helps regulate HDL (good cholesterol) in the brain, spinal cord, and nervous system; **chromium**, which helps increase the body's sensitivity to the hormone insulin for efficient utilization of surplus glucose; and **zinc**, which is necessary for tissue repair and growth, as well as playing a key role in good vision.

Mixing Instructions: Mix with 8 to 10 ounces of juice or water.

In processing, FDA & GMP guidelines are observed and strictly followed.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.

Manufactured for:

Complete H₂O Minerals

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www.completeh2ominerals.com



**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

VAN-CHR-ZIN

CONCENTRATE

Dietary Supplement

NET WT. 16oz (1 pint) 473mL

Complete H₂O Minerals

For best results, store in a cool, dark place and use within six months.

NOTE: Do not use if tamper seal is broken or missing.

Complete H₂O Minerals contain no fillers, or artificial ingredients.

Recommended Dosage:

Adults: 1 Tbsp. 1500 mg
Children: 1 Tsp 750 mg
or as recommended by a health care professional.

Supplement Facts

Serving Size 1 tbsp. (15mL)
Servings Per Container 32

	Amount Per Serving	%DV*
Vanadium	.50 mg	2000%
Chromium	.25 mg	125%
Zinc	.75 mg	5%
Chloride	2.3 mg	0%

INGREDIENTS: PURIFIED WATER, VANADIUM CHLORIDE (33 PPM ELEMENTAL VANADIUM), CHROMIUM CHLORIDE (17 PPM ELEMENTAL CHROMIUM) ZINC CHLORIDE (50 PPM ELEMENTAL ZINC)

*Percent Daily Value based on a 2,000 calorie diet.

