

**Suggested use:** As a dietary supplement, take one veggie capsule per day with food and water.

**Chromax®** is a registered trademark of Nutrition 21 and is licensed under U.S. patents #5,087,623; #5,087,624; and #5,175,156.



**WARNING:** For adults only. Do not take this product if you are pregnant or nursing. Consult your physician before using this or any product if you are taking medication or have a medical condition. Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare providers before using this product. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.

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**SWANSON®**

**Chromax®  
1000**

CHROMIUM PICOLINATE

**Blood Sugar Support**

**1,000 mcg**

**MINERAL SUPPLEMENT | 60 VEGGIE CAPS**

## Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Chromium 1,000 mcg (from Chromax® chromium picolinate)	2,857%

Other ingredients: Rice flour, hypromellose (vegetable capsule), magnesium stearate, silica.

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 or visit our website at [www.swanson.com](http://www.swanson.com)

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