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or call 1-800-437-4148

- Supports healthy blood lipid levels
- Supports cardiovascular health
- May help support healthy cholesterol levels already within the normal range

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two tablets 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. Because chromium may enhance insulin sensitivity and affect glucose levels, diabetics and hypoglycemics should consult their healthcare providers before using this product. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. 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.

Rev 1 10 11 18



Cholesterol Essentials

Cardiovascular Health

20 SELECT INGREDIENTS

DIETARY SUPPLEMENT | 120 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C USP (as ascorbic acid).....	500 mg556%
Thiamin USP (vitamin B-1) (as thiamin HCl).....	7 mg583%
Riboflavin USP (vitamin B-2).....	7 mg538%
Niacin.....	107 mg NE669%
(50% as niacin and 50% as niacinamide)	
Vitamin B-6 USP (as pyridoxine HCl).....	7 mg412%
Folate.....	330 mcg DFE83%
(200 mcg folic acid)	
Vitamin B-12 USP (as cyanocobalamin).....	200 mcg8,333%
Biotin USP.....	6 mcg20%
Pantothenic Acid USP.....	6.2 mg124%
(as d-calcium pantothenate)	
Chromium (from Chromax® chromium picolinate) ..	200 mcg571%
Commiphora Mukul.....	500 mg*
(standardized to 2.5% guggulsterones) (resin)	
Lecithin (from soy).....	300 mg*
Oat Bran Fiber.....	300 mg*
Phosphatidylcholine.....	200 mg*
(from lecithin and phosphatidylcholine)	
Odor-Controlled Garlic (Allium sativum) (bulb) ..	150 mg*
Beta-Sitosterol.....	50 mg*
Citrus Bioflavonoids.....	50 mg*
Choline Bitartrate FCC.....	6.4 mg*
Inositol FCC.....	6.4 mg*
PABA (para-aminobenzoic acid).....	6.4 mg*

*Daily Value not established.

Other ingredients: Silica, microcrystalline cellulose (plant fiber), stearic acid, magnesium stearate, croscarmellose sodium, calcium carbonate, food glaze. Contains soy.

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