

1655-60  
Rev. 3



MASON  natural<sup>®</sup>  
EST. 1967

WHOLE HERB  
**CINNAMON**  
**ALPHA LIPOIC ACID**

**MAY SUPPORT**

**SUGAR METABOLISM\***

**60 CAPSULES • DIETARY SUPPLEMENT**

**DIRECTIONS:** Adults - Take one capsule, one to two times daily, preferably with food, as a dietary supplement.

**Supplement Facts**

Serving Size 1 Capsule

| Amount Per Serving                                          | % Daily Value |     |
|-------------------------------------------------------------|---------------|-----|
| Chromium as Picolinate<br>(from Chromax <sup>†</sup> Brand) | 100 mcg       | 83% |
| Alpha Lipoic Acid                                           | 150 mg        | **  |
| Cinnamon Powder (Bark)<br>(Cinnamomum cassia)               | 500 mg        | **  |

\*\*Daily Value not established

**OTHER INGREDIENTS:** Cellulose, Magnesium Stearate, Silica, Gelatin.  
Contains naturally harvested herbal products.  
Color variation is possible.

\*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.

**GUARANTEED NO ADDED:** Sugar, Starch, Sodium, Yeast, Soy, Corn, Wheat, Dairy, Fish, Tree Nuts, Peanuts, Egg, Fragrance, Artificial Flavors or Preservatives, Crustacean/ Shellfish.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur. Keep out of reach of children.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.



SOY FREE

**chromax**<sup>®</sup> (Chromax<sup>®</sup> is a registered trademark of Nutrition 21)

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

**Manufactured in the USA for:**

**MASON VITAMINS, INC.** Miami Lakes, FL 33014  
1-888-860-5376 • [www.MasonVitamins.com](http://www.MasonVitamins.com)

Mason Natural<sup>®</sup> is a registered trademark and does not refer to any product or ingredient claim.

LOT/EXP. DATE