

PRODUCT INFORMATION:

One tablet typically provides:		% NRV *
Niacin (vitamin B3)	10mg NE	63
Vitamin B6	2mg	143
Zinc	5mg	50
Chromium	200µg	500
Inulin	10mg	
(from Jerusalem artichoke)		

***NRV** = Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: chromium chloride, zinc sulphate, niacinamide, pyridoxine HCl with enzyme digested *Saccharomyces cerevisiae* (with **soya**); bulking agent: microcrystalline cellulose; Jerusalem artichoke (inulin); anti-caking agent: magnesium stearate*; anti-caking agent: stearic acid*; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup, flavour: vanilla extract; colour: caramel). *(vegetarian source)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, wheat

Suitable for vegetarians and vegans.

This product is not tested on animals.

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TABLETS

higher nature®

TRUEFOOD®

GTF CHROMIUM

FOOD STATE NUTRITION

FOOD SUPPLEMENT

TRUE FOOD® GTF CHROMIUM

Food State Nutrition - Nutrients provided in a true food form that your body recognises as food.

- ✓ GTF (Glucose Tolerance Factor) is an organic molecule containing chromium used by the body to help maintain normal sugar levels.
- ✓ *Saccharomyces cerevisiae* is the richest known food source of GTF.
- ✓ Vits B3 & B6 contributes to the reduction of tiredness and fatigue.

DIRECTIONS:

Adults take 1 tablet a day, (children over 8 years take 1 tablet on alternate days), with or between meals, or as your health professional advises. Do not exceed recommended daily intake.

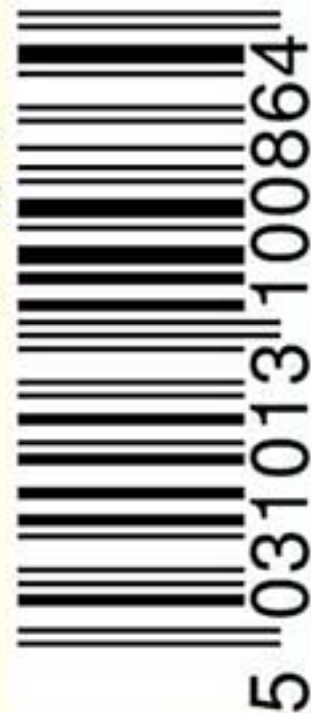
Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Higher Nature, Burwash Common, East Sussex,
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