

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, vitamin B3 (niacinamide), vitamin B6 (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). (Allergens in **bold**)

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

FREE FROM: Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, wheat.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

GTF CHROMIUM COMPLEX

For normal
blood glucose

90 tablets
vegetarian and vegan



GTF CHROMIUM COMPLEX FOOD SUPPLEMENT - 90 TABLETS

Chromium is the active component of glucose tolerance factor (GTF) and contributes to the maintenance of normal blood glucose levels.

- ✓ Saccharomyces cerevisiae is the richest known food source of GTF
- ✓ Vitamins B3 and B6 contribute to the reduction of tiredness and fatigue

DIRECTIONS: Adults take 1 tablet a day (children 8 and over take 1 tablet every other day) with meals. 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 place out of reach of children.

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