

Scan for  
product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule daily with or without food, or as recommended by a healthcare practitioner.

**CAUTION:** If you are taking blood glucose lowering medication, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



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**LIFE  
EXTENSION®**

Optimized  
**Chromium**

with Crominex® 3+  
500 mcg



Advanced Chromium  
Complex

**60** VEGETARIAN  
CAPSULES

DIETARY  
SUPPLEMENT

**Supplement Facts**

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
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Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit]	500 mcg	1429%
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**Other ingredients:** microcrystalline cellulose, vegetable cellulose (capsule), silica, vegetable stearate.

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, FL 33309 • LifeExtension.com  
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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