

Suggested Usage: Take 1 capsule daily with a meal. Chromium is an essential trace mineral that is best known for its role as an insulin co-factor.* Chromium is therefore critical for the maintenance of healthy glucose and carbohydrate metabolism; however, it is also important for the utilization of fat and protein.* Scientific studies also indicate that it may play a role in cardiovascular health.* As part of a healthy diet and exercise program, chromium picolinate may help to maintain healthy blood sugar levels already within the normal range and may also help to support a healthy body composition.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially diabetes medications), or have a medical condition.

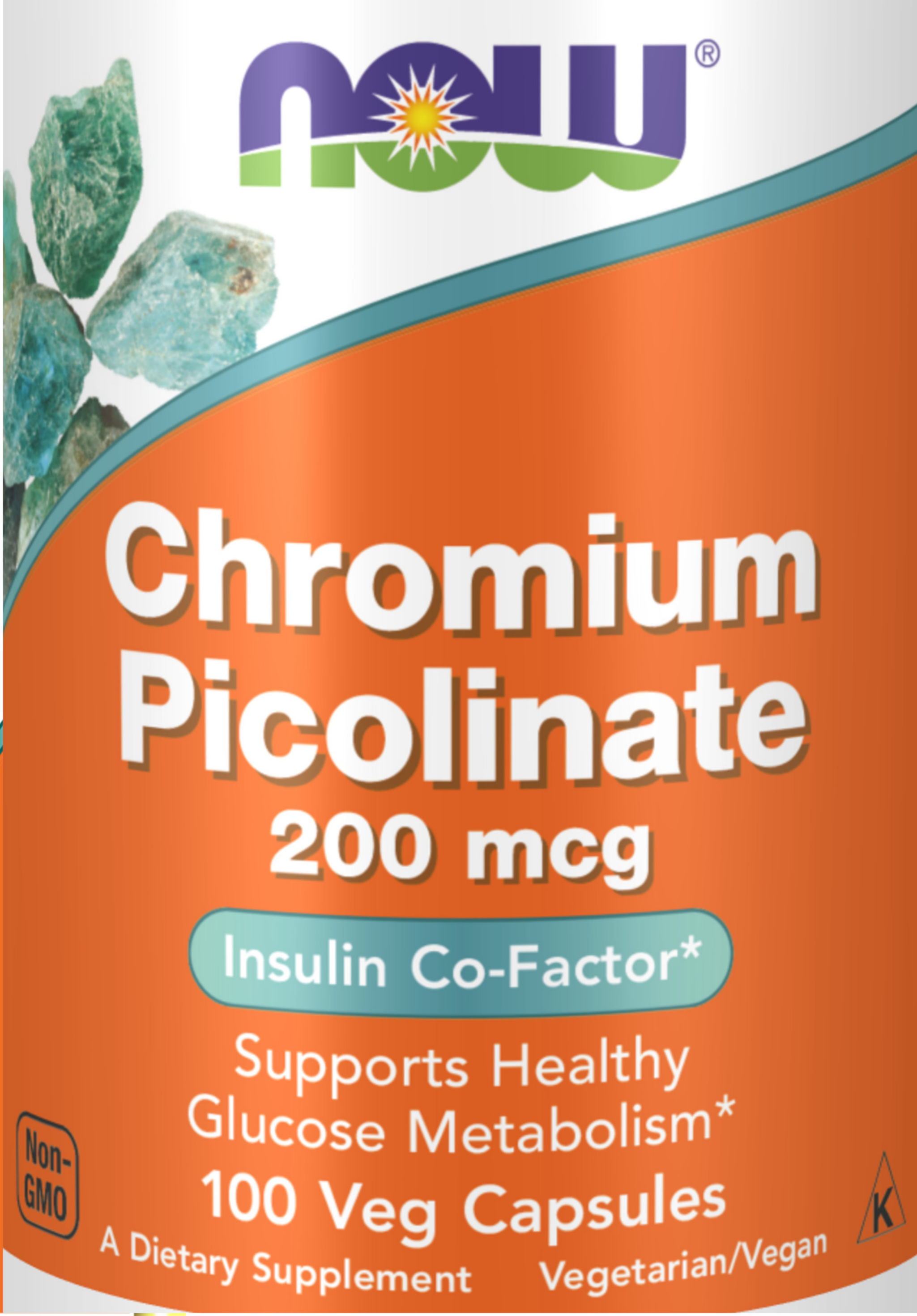
Diabetics/Hypoglycemics: use only under a physician's supervision. Keep out of reach of children.

CAPSULE SIZE

CODE 1420B V7



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Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Chromium (from Chromium Picolinate)	200 mcg	571%

Other ingredients: Rice Flour and Hypromellose (cellulose capsule).

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

