

21ST
CENTURY®



Cinnamon and Chromium Picolinate both support normal sugar and carbohydrate metabolism when combined with a healthy diet and exercise program.*

Directions: As a dietary supplement, adults take four (4) capsules with any meal, twice daily - two (2) in the morning and two (2) in the evening, or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children.
Do not use if product appears to be tampered with or seal is broken. Store at room temperature.
No added Sugar, Salt, Yeast, Preservatives or Artificial Flavors.

ACTUAL SIZE

*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.

Cinnamon

2000 mg
PER SERVING

Plus Chromium



Metabolism Support*

DIETARY SUPPLEMENT

120 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|--|---------------|
| Chromium 400 mcg (Chromium Picolinate) | 1,143% ** |
| Cinnamon 2,000 mg (<i>Cinnamomum cassia</i>) (bark) | ** |

** Daily Value not established.

Other Ingredients: Cellulose, Oat Fiber, Rice Bran, Magnesium Silicate, Magnesium Stearate, Silicon Dioxide.

Proudly Manufactured by
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