

Directions: Adults take one (1) tablet twice daily before a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine <i>alpha</i> -ketoglutarate)	7.5 mg.....441%
Folate	334 mcg DFE.....84% (200 mcg folic acid)
Vitamin B12 (as cyanocobalamin)	50 mcg.....2,083%
Calcium (as calcium carbonate)†	60 mg.....5%
Magnesium (as magnesium aspartate)†	50 mg.....12%
Zinc (as zinc monomethionine)†	2.5 mg.....23%
Copper (as copper lysinate hydrochloride)†	0.5 mg.....56%
Manganese.....	1.5 mg.....65% (as manganese citrate)†
Chromium (as chromium picolinate)†	200 mcg.....571%
Potassium.....	49.5 mg.....<2% (as potassium aspartate)†
Botanical Blend.....	137.5 mg
Bitter Melon Extract (fruit).....*	
Fenugreek (seed) (from 4:1 extract)	6.3 mg.....*
Gymnema Sylvestre (leaf) (from 12:1 extract) (75% gymnemic acids equal to 4.7 mg)	781 mcg.....*
Vanadium (from 2.23 mg vanadyl sulfate)†	

* Daily Value not established

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, maltodextrin, dextrin, magnesium stearate, vegetable glaze.

† Country Life always labels minerals in elemental weight. **CAUTION:** If you are pregnant, nursing, diabetic, hypoglycemic, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F.

Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility.

Manufactured by Country Life, LLC
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NY 11788 (USA) CountryLifeVitamins.com

Product No. 1575

Lot No:

20J665A

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chromax®

Glycemic Factors® has been a favorite for over 25 years. This product contains vitamins, minerals, and botanicals, including chromium, which aids in the metabolism of glucose.** Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

** 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.



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NO YEAST, WHEAT OR SOY
NO MILK, SALT OR SUGAR
NO PRESERVATIVES OR ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
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Dietary Supplement: **100** Tablets

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