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09/2022
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Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily, 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.



**LIFE
EXTENSION®**

Optimized
Chromium
with Crominex® 3+
500 mcg



GLUTEN FREE



NON
GMO
CERTIFIED

Advanced Chromium Complex

60 VEGETARIAN CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit]	500 mcg 1429%

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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