

Do not accept if seal is broken. Product No. 1575
Store between 59°-86° F. Keep out of the reach of children.

†Country Life always labels minerals in elemental weight.

ChromeMate® brand niacin-bound chromium.

ChromeMate® is a registered trademark of InterHealth N.I.

OptiZinc® brand zinc monomethionine. OptiZinc® is a registered trademark of InterHealth N.I.

NO: Yeast, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

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

Country Life

101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10H596B

10/13

Best by:



SPECIALTY SUPPLEMENTS

GLYCEMIC FACTORS™

Chromium aids
in the metabolism of glucose**

100 Tablets

Dietary Supplement



Country Life®

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
Niacin (as chromium polynicotinate).....	1 mg 5%
Vitamin B-6 (as pyridoxine <i>alpha</i> -ketoglutarate)	7.5 mg 375%
Folic Acid	200 mcg 50%
Vitamin B-12 (as cyanocobalamin)	50 mcg 833%
Calcium (as calcium carbonate)†	60 mg 6%
Magnesium (as magnesium aspartate)†	50 mg 13%
Zinc (as zinc monomethionine)†	2.5 mg 17%
Copper (as copper lysinate)†	0.5 mg 25%
Manganese (as manganese citrate)†	1.5 mg 75%
Chromium (as chromium polynicotinate)†	200 mcg ... 167%
Potassium (as potassium aspartate)†	49.5 mg <2%
Gymnema Sylvestre (leaf)	6.3 mg
(from 40:1 extract)	
(75% gymnemic acids equal to 4.7 mg)	
Fenugreek (seed)(from 37.5 mg of a 4:1 extract) ...	150 mg *
Bitter Melon Extract 4:1 (fruit)	100 mg *
PAK (pyridoxine <i>alpha</i> -ketoglutarate)	12.5 mg *
Vanadium (from 2.5 mg vanadyl sulfate)†	781 mcg *

*Daily Value not established.

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

WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

