

PRODUCT INFORMATION

One tablet typically provides:

Niacin (Vitamin B3)	10mg NE	%RDA*
Vitamin B6	2mg	63
Zinc	5mg	143
Chromium	200µg	50
Inulin	10mg	500

(from Jerusalem artichoke)

*RDA = Recommended Daily Allowance

INGREDIENTS: Proprietary mixture: chromium chloride, zinc sulphate, niacinamide, pyridoxine HCl with enzyme digested *Saccharomyces cerevisiae* (with soya); bulking agent: microcrystalline cellulose; Jerusalem artichoke (Inulin), anti-caking agent: magnesium stearate*; anti-caking agent: stearic acid*; coating: methylcellulose, glycerine, natural vanilla flavour (sweetener: agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian source)

TRUE FOOD® CHROMIUM also contains B vitamins, betaglacans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast).

DOES NOT CONTAIN: sugar, salt, wheat, gluten, maize, corn, lactose, dairy products, artificial preservatives, colours or flavourings.

Saccharomyces cerevisiae is grown in a non GM soya-based medium. The yeast cell walls are gently pre-digested and broken down with enzymes from pineapple and papaya fruit to release the nutrients within each cell.

Some people have an allergic response to yeast but the allergen, which causes an allergic response, is a protein on the yeast cell wall and when broken down the protein's ability to evoke an allergic response is largely lost.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

TRUE FOOD GTF CHROMIUM

with niacin, B6 & zinc
with inulin
plus a full spectrum
of food-based nutrients

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

GTF CHROMIUM

90 tablets

✓ Chromium contributes to the maintenance of normal blood glucose levels.

✓ Niacin and Vitamin B6 contribute to the reduction of tiredness and fatigue.

DIRECTIONS: Take 1 tablet a day (children over 8 years take 1 tablet alternate days), with or between meals, or as your health professional advises. Do not exceed recommended daily intake.

A TRUE FOOD® SUPERNUTRITION PLUS multivitamin supplement is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Fermentation is a very special process, which enriches yeast with all the nutrients used in the growing mixture, forming natural organic bonds and loose complexes. Yeasts take in nutrients rather than consuming them and are for this reason valued food sources for nutrients. The active nutrients are added to a completed fermentation of the culture *Saccharomyces cerevisiae* to form a homogenous mixture for better absorption in the gut and optimum bioavailability of all nutrients. GTF (Glucose Tolerance Factor) is an organic molecule containing chromium used by the body to help maintain normal sugar levels. *Saccharomyces cerevisiae* is the richest known food source of GTF.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

TCR090

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TCR-102-02



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