

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 (agave syrup; flavour: vanilla extract; colour: caramel).
*(vegetarian source)

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

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

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.

Yeasts take in nutrients rather than consuming them so are valued food sources for nutrients

Suitable for vegetarians and vegans. This product is not tested on animals.

HIGHER NATURE®

TRUE FOOD GTF CHROMIUM

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

90 tablets
VEGAN
FOOD SUPPLEMENT

GTF CHROMIUM

90 tablets

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

TCR090

✓ 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.

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.

Store in a cool, dry, steam-free environment out of the sight and reach of children.



TCR-102-02



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