

PRODUCT INFORMATION

One tablet typically provides:

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

(from Jerusalem artichoke)

*RDA = Recommended Daily Allowance (new 2009 values)

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

TRUE FOOD® CHROMIUM also contains B vitamins, betaglucans, 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.

This is one of three products in The Streamline Pack.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®
TRUE FOOD®

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, niacin, B6 & zinc with inulin® TCR090

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.



TCR-102-01



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com