

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

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.

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

30 tablets
VEGAN
FOOD SUPPLEMENT

GTF CHROMIUM 30 tablets

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

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.

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.

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