

Chromium plays a major role in regulating metabolism, especially glucose metabolism, but it is sorely lacking in the American diet. Additionally, strenuous exercise and a high intake of refined sugar can increase the body's excretion of chromium. Our **Chromium Picolinate** supplement is a premium source of chromium.[†]

To report a serious adverse event,
call 1-888-710-0006



**Promotes Healthy
Blood Sugar Levels[†]**

DIETARY SUPPLEMENT 100 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

Amount Per Serving

% Daily Value

Chromium (from
chromium picolinate)

200 mcg 167%

OTHER INGREDIENTS: CAPSULE (GELATIN),
CELLULOSE, MAGNESIUM STEARATE (VEGETABLE
SOURCE).

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

**We Guarantee Our Supplements
for Potency and Purity**

SUGGESTED USE: Take one capsule daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Keep out of reach of children.

Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

Diabetics should use only under a physician's supervision.

[†] 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.

Made in the USA

VL 630-100G