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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule daily with or without food, or as recommended by a healthcare practitioner.

**CAUTION:** If you are taking blood glucose lowering medication, consult your healthcare provider before taking this product.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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# LifeExtension®

## Optimized Chromium

with Crominex® 3+ • 500 mcg



### Advanced Chromium Complex

Dietary  
Supplement

60 Vegetarian  
Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule

| Amount Per Serving                                                                                      | % Daily Value |
|---------------------------------------------------------------------------------------------------------|---------------|
| Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit] | 500 mcg 417%  |

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), silica, vegetable stearate.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309  
info@lifeextension.com • www.lef.org  
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

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