

21ST
CENTURY®



DIETARY SUPPLEMENT

Cinnamon supports normal sugar metabolism when combined with a healthy diet and exercise program.* Chromium Picolinate supports carbohydrate and fat metabolism for heart and circulatory health.* 21ST Century offers the highest quality ingredients produced to strict standards of quality for support of your good health. See us at www.21stcenturyvitamins.com for more information.

Directions: Take four (4) capsules daily: two (2) in the morning and two (2) in the evening, preferably with a meal for maximum results, or as directed by your healthcare provider. Do not exceed recommended dosage.

Warning: Before using this product, consult your healthcare provider if you are: pregnant or nursing, have a medical condition, taking any medications, or are planning any medical procedures. If any adverse reactions occur, discontinue use and consult your healthcare provider.

Keep out of reach of children. Do not use if product appears tampered with or the seal under the cap is broken. Store in a cool dry place.

No added Sugar, Salt, Yeast, Preservatives or Artificial Flavors.

100% VEGETARIAN

Cinnamon 2000 mg per serving Plus Chromium

HIGH POTENCY

Supports Normal Sugar
Metabolism, Heart and
Circulatory Health*



120 Vegetarian Capsules

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

Amount Per Serving	% DV
Chromium (Chromium Picolinate)	400 mcg 333%
Cinnamon (<i>Cinnamomum cassia</i>) (bark)	2,000 mg (2 g) **

** Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Rice Bran, Oat Fiber, Magnesium Silicate, Magnesium Stearate, Silicon Dioxide.

*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.



PROUDLY MANUFACTURED BY
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