

Suggested Usage: Take 1 capsule daily with a meal. Chromium is an essential trace mineral that is known to enhance the actions of insulin, a peptide that is critical to the metabolism and storage of carbohydrate, fat and protein in the body.* Adequate intake of Chromium is necessary for maintaining healthy glucose metabolism.* NOW® Tri-Chromium™ features three well-known and studied forms of Chromium to maximize its absorption.* Cinnamon has been included due to its historical use for the promotion of proper metabolic function.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially diabetes medications), or have a medical condition (especially diabetes or hypoglycemia). This product should be taken at least 3-4 hours before or 1 hour after taking thyroid medications. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.
Please Recycle.

CODE 1428 V5



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Tri-Chromium™

500 mcg

Insulin Co-Factor*

Supports Healthy
Glucose Metabolism*
90 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Chromium (Tri-Chromium™) [from Chromium Picolinate, Chromium Chelavite® (chromium amino acid chelate) and ChromeMate® (chromium polynicotinate)]	500 mcg	1429%
Cinnamon (Bark) (<i>Cinnamomum verum</i> and/or <i>Cinnamomum aromaticum</i> and/or <i>Cinnamomum burmannii</i>)	250 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour, Silica and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Chromium Chelavite® is a registered trademark of Albion Laboratories, Inc.; ChromeMate® is a registered trademark of InterHealth Nutraceuticals Inc.

Natural color variation may occur in this product.

