

PL491
NO PRESERVATIVES
ADDED
NO LACTOSE
NO ARTIFICIAL COLOR
OR FLAVOR
NO GLUTEN
Natural color variations occur
in these tablets.



ACTUAL SIZE



Longs
WELLNESS

Chromium Picolinate

200 mcg
Chromium

Dietary Supplement



300 TABLETS

Product Benefit

USP has tested and verified ingredients, potency, and manufacturing process.
USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Chromium 200 mcg	167%

INGREDIENTS: Calcium Carbonate, Cellulose, Maltodextrin, Croscarmellose Sodium, Crospovidone, Silicon Dioxide, Talc, Corn Starch, Chromium Picolinate, Magnesium Stearate, Povidone, Polyethylene Glycol.



Distributed by Longs Drugs
Walnut Creek, CA 94596 ■■■
For further information contact
1-800-TO-LONGS or Longs.com

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal, or as recommended by your physician. Do not exceed recommended daily intake.

DIABETICS/ HYPOGLYCEMICS: Use only under a physician's supervision.
Keep out of the reach of children.
Keep in a cool dry place, tightly closed.

Chromium is necessary in the metabolism of carbohydrates, protein and fat by assisting insulin, a key hormone. Benefits supported by clinical research.

LNG4344AA06

FRESHNESS AND POTENCY GUARANTEED THROUGH: