



Chromium Picolinate plus Herbs

A Dietary Supplement



**Douglas
Laboratories®**

60 Tablets

Supplement Facts

Serving Size 2 tablets
Servings Per Container 30

Amount Per Serving	%DV
Chromium (from  † Chromium Picolinate)	200 mcg 167%
Proprietary Herbal Blend	370 mg *
Kola Nut (seed) (standardized), Guarana (seed) (standardized), Metabromine™ (Cacao tree extract, fruit, standardized to 6% theobromine and 1.5% caffeine), Eleutherococcus senticosus (root), Wood Betony (entire plant), L-Aspartic Acid, Beet Powder (root), Cayenne (fruit), American Centaury (entire plant), Gotu Kola (entire plant), Ho Shou Wu (entire plant), Pugongying (leaf), Gymnema Sylvestre (leaf), Pullulan, Kelp (leaf), Licorice (root), Ginger (root), Green Tea Extract and Shiitake Mushroom.	

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured by: **Douglas Laboratories**
Pittsburgh, PA 15205 • www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 1 to 2 tablets with breakfast and 1 to 2 tablets with lunch or as directed by physician. Try to drink 4 to 6 eight ounce glasses of water daily.

Seek advice from a health care practitioner prior to use if you are pregnant or nursing, or if you have high blood pressure, heart or thyroid disease, diabetes, difficulty in urination due to prostate enlargement, or if taking an MAO inhibitor or any other prescription drug. Reduce or discontinue use if nervousness, tremor, sleeplessness, loss of appetite or nausea occur. Not intended for use by, or sale to, persons under the age of 18.

†Trademark of Nutrition 21.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place.
(59°-77°F/15°-25°C) (35-65% relative humidity)

Tamper resistant package, do not use if outer seal is missing.

Formula #80344

