

Chromium acts as a co-factor to insulin, working with your body's natural insulin levels to regulate blood glucose. Along with a nutritious diet, chromium may help maintain healthy blood sugar levels already within a normal range. Chromium is a component of a number of enzymes that release energy from cells and is required for proper receptor functioning necessary for nutrient metabolism. This formulation contains niacin-bound, biologically active chromium.\*

\*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.

Carefully Manufactured by:  
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**SOLGB70875 01C**



# CHROMIUM POLYNICOTINATE 200 MCG YEAST-FREE

**NIACIN-BOUND CHROMIUM**  
SUPPORTS HEALTHY  
BLOOD SUGAR METABOLISM\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS

**50 VEGETABLE CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Niacin (from chromium polynicotinate†)	1 mg	5%
Chromium (as chromium polynicotinate†)	200 mcg	167%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose,  
Vegetable Cellulose, Vegetable Magnesium  
Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy,  
Yeast, Sugar, Sodium, Artificial Flavor,  
Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule one to two times daily, preferably at mealtime, or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur. Diabetics and Hypoglycemics, use only under a physician's supervision. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing, torn or damaged in any way.

Each vegetable capsule supplies 1 mg of Niacin and will not cause skin flushing or other side effects associated with high doses of Niacin.

†ChromeMate® is a registered trademark of Interhealth Nutraceuticals Incorporated.

