

Chromium is an essential trace mineral that plays an important role in helping insulin regulate blood glucose. Along with a nutritious diet, chromium may help maintain healthy blood sugar levels already within a normal range. Chromium is naturally found in sources such as brewer's yeast, black pepper, mushrooms, whole grain cereal and dried beans. In addition, 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 trivalent, 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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# CHROMIUM PICOLINATE (TRIVALENT) 500 MCG ELEMENTAL CHROMIUM

SUPPORTS HEALTHY BLOOD SUGAR METABOLISM\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS



120 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Chromium (as chromium picolinate)	500 mcg	417%

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 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 medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Diabetics and Hypoglycemics, use only under a physician's supervision. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

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**Chromax**  
chromium picolinate

