

## Solgar Chromium Picolinate Description

- **Elemental Chromium**
- **Supports Healthy Blood Sugar Metabolism**
- **Gluten, Wheat & Dairy Free**
- **Suitable for Vegetarians**

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 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.

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### Directions

As a dietary supplement for adults, take 1 vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

**Free Of** Gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives and color.

\*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.

### Supplement Facts

Serving Size: 1 Vegetable Capsule

Servings per Container: 120

	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Chromium (as chromium picolinate)	500 mcg	417%

*Other Ingredients: Microcrystalline cellulose, vegetable cellulose, vegetable magnesium stearate.*

### Warnings

If you are pregnant, nursing, 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.