



Category 5
Minerals



GOODFORYOU

GOOD FOR LIFE

CHROMIUM PICOLINATE

(Chromium) 200 mcg

#101420 100 Caps

Description: Your body depends on many nutrients to stay healthy, like calcium for strong bones, iron for rich blood, and chromium for a healthy metabolism.

Contents / Ingredients

Traditional Therapeutic Action

Chromium is an essential trace mineral found in a wide variety of foods. It is important in the burning of carbohydrates and fats in the body, and helps insulin do its work of making blood sugar (glucose, our basic fuel) available to cells. Nobody is sure how much chromium we need to stay healthy, but some experts worry that we don't get enough. Chromium in food is not easily absorbed by the body. Chromium picolinate—the form of the mineral commonly sold as a supplement—is more easily absorbed.

As we age, we require more chromium to maintain an healthy metabolism. If we aren't getting enough chromium, we can feel tired, run down, and gain weight easily.

Studies have also shown that diabetics usually have lower levels of chromium present in their systems - although it has not been proven that low levels of chromium causes diabetes. Chromium is widely marketed for muscle-gain, weight-loss, and for the prevention/treatment of Type II diabetes, under the supervision of a medical professional.

Good For You's Chromium Picolinate is guaranteed to be top quality and highly absorbable.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Chromium	200 mcg	170%
(from Chromium Picolinate)		

Other ingredients: White rice flour and gelatin (capsule)

Contains no yeast, wheat, gluten, milk, corn, soy, egg.

SUGGESTED DOSAGE: As a dietary supplement, take 1 capsule daily, preferably with meals.

WARNING: Diabetics: Use only under a physician's supervision.

CAUTION: As with all dietary supplements, do not take this product if you are pregnant or breast-feeding without prior medical consultation. Please keep out of reach of children.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.