

Chromium

(As Picolinate)

Chromium Complex

Presentation

A white coated oval tablet.

Each tablet delivers:

Chromium GTF (as Picolinate)	200µg
Vitamin C	100mg
Thiamin (Vitamin B1)	5mg
Niacin (Vitamin B3)	5mg
Pyridoxine (Vitamin B6)	5mg
Magnesium (as Oxide)	300mg
Zinc (as Citrate)	15mg
Copper (as Gluconate)	0.5mg

Tableted with:

Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colour: Titanium Dioxide, Glycerin), Stearic Acid, Silicon Dioxide, Magnesium Stearate.

Disintegration time: Less than 1 hour. **Suitable for vegetarians**  **and vegans** 



quantity
60

type
tablets

code
8236

GTF Chromium 200µg

Presentation

A white clear coated round tablet.

Each tablet delivers:

Chromium GTF (as Picolinate)	200µg
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Tableted with:

Cellulose, DiCalcium Phosphate, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 



quantity
100

type
tablets

code
8237

Usage and administration

Chromium Complex and GTF Chromium
1 tablet daily.

Allergen advice

None (see page 194).

Cautions

Daily intake should not exceed 200µg.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

Uses

Chromium is an essential nutrient that plays a role in the metabolism of nutrients through its impact on the hormone insulin. This is an increasingly important supplement to take as it is depleted from foods by processing and as we age, chromium levels tend to drop.

Chromium picolinate is the mineral chromium attached to three molecules of picolinic acid so that it is absorbed better.