



# Chromium

## A chromium supplement to support proper glucose and cholesterol functions.\*

ChromeMate® is a chromium polynicotinate and niacin combination that can help the body to build lean muscle mass, maintain glucose and cholesterol within normal ranges, and metabolize fat more efficiently.\*

ChromeMate® brand chromium is a niacin bound chromium complex, which is the active Glucose Tolerance Factor (the factor responsible for attaching insulin to cell membrane receptor sites where insulin functions). Chromium is a co-factor in metabolism of sugars, carbohydrates and proteins ensuring optimum utilization as energy opposed to being stored as fat.

### Chromium supports:

- Appetite and weight management\*
- Glucose utilization\*
- Healthy cholesterol ratios\*
- Lean body mass\*

### Appetite and Weight Management:

- Chromium helps regulate blood sugar levels, helps the body stay in a fat burning mode, helps control appetite and cravings, supports weight management and helps to preserve lean tissue.\*

### Glucose Utilization:

- Chromium is a critical cofactor for glucose control, helping to transport blood sugar (glucose) into cells.\*

### Healthy Cholesterol Ratios:

- The average American diet is chromium deficient. Chromium is a trace mineral used by the body to regulate HDL-to-LDL ratios.\* The body best absorbs chromium when it is taken in a form called chromium polynicotinate. Polynicotinate ensures bioavailability.

### Lean Body Mass:

- Chromium plays an essential role in the metabolism of lipids and glucose by promoting the binding between insulin and its receptors.\*
- Insufficient chromium is associated with insulin resistance, resulting in gradual, unfavorable changes in body composition.\*
- Insulin is the primary, anabolic hormone and plays a role in thermogenesis.\*

### Supplement Facts

#### Serving Size: 1 Capsules

#### Amount Per Serving

Niacin	1.4 mg
Chromium (as Cr. Polynicotinate)†	200 mcg

†ChromeMate® brand niacin-bound chromium.

Other ingredients: cellulose, vegetable cellulose (capsule), vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule daily with a meal, or as directed by your healthcare practitioner.

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**CHROMEMATE®**

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\*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.