

## Chromium Polynicotinate

**200 mcg , 365 capsules**

Item Catalog Number: 00169

Chromium is an essential trace mineral that has been shown to promote cardiovascular health, sensitize insulin response and act as an anti-oxidant.<sup>102-105,108</sup> Not all forms of chromium are equally effective. According to a recent study, chromium polynicotinate not only improves insulin sensitivity, but also helps maintain healthy systolic blood pressure already within normal range, and reduces oxidative stress.<sup>109</sup> Chromium also plays a role in food intake regulation.<sup>110</sup> Along with regular exercise, 400–600 mcg of chromium polynicotinate has been shown to support healthy weight control in women.<sup>104,111</sup>

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 365

#### Amount Per Serving

Niacin (as flush-free inositol hexanicotinate)

30 mg

Chromium (as chromium polynicotinate)

200 mcg

Inositol (as inositol hexanicotinate)

7.5 mg

Other ingredients: gelatin, rice flour, magnesium stearate.

Contains rice and corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, or gluten. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

ChromeMate®, a patented, biologically active oxygen-coordinated niacin-bound chromium complex, is a trademark of Interhealth Nutritionals Inc., U.S. Patent Nos. 4,923,855; 4,854,492; 5,194,615.

## Dosage and Use

- Take one capsule once or twice daily with meals, or as recommended by a healthcare practitioner.
- Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

## Caution

People suffering from hepatitis or any type of liver damage may want to avoid niacin. Check with your physician before taking this product.

- Niacin may also irritate the stomach. Niacin is acidic and may require a buffering agent to be coingested if its acidity is unacceptable.
- When taking niacin, methylating factors such as folic acid, vitamin B12, choline, and TMG should be part of one's supplement program to protect the liver.
- When used in large doses (greater than 500 mg per day) hepatotoxicity may occur, especially if preparation is sustained release. Monitor liver function tests.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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