

# Chromium, GTF

DIN 02083760, 90 tablets, Mineral supplement, Stock No. 1802-4

**C**hromium is the stuff that makes the trim on your car glitter, but it's foremost an essential mineral.

Scientists know that chromium is part of something called the glucose tolerance factor (GTF), which helps turn carbohydrates into glucose, an important energy source.

## *Did you know?*

The average North American diet is deficient in chromium. Researchers estimate that two out of every three North Americans are hypoglycemic, prehypoglycemic, or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in refined sugar, flour, and junk foods. A deficiency of chromium can lead to anxiety, fatigue, glucose intolerance, and an increased risk of arteriosclerosis.

## *NSP Advantage*

90 tablets. Mineral Supplement.

*Ingredients:* 500 mcg of chromium (chromium amino acid chelate) in a non-medicinal base of dicalcium phosphate, cellulose, red clover (*Trifolium pretense*) flowers, yarrow (*Achillea millefolium*) flowers, stearic acid and magnesium stearate.

*Recommendation:* Take one tablet daily with a meal.

**CAUTION:** Pregnancy & Nursing.

## Features & Benefits

- Works with insulin to metabolize sugar and may help relieve symptoms of hypoglycemia.
- May help prevent some people with mild glucose intolerance from developing diabetes.