



Chromium picolinate 200µg tablets

Nutritional supplement

Useful information:

Chromium plays a significant role during the metabolic processing of carbohydrates, in particular during the absorption of sugar. As confirmed by independent Researchers from the European Food Safety Authority (EFSA), this essential, i.e. vital trace element contributes towards the maintenance of normal blood sugar levels as well as to the normal metabolic processing of macronutrients. Carbohydrates, fats and proteins are jointly referred to as macronutrients because they are absorbed in large quantities (Greek word "makros" = large). Chromium can be exploited better by the human organism if bonded with picolinate (picolinic acid) Chromium picolinate is therefore considered the best way to take chromium.

Each tablet contains 200 µg chromium.
Vegan, without animal-based ingredients.

Ingredients: Bulking agent Microcrystalline Cellulose, separating agent Magnesium Stearate, Chromium Picolinate.

	per tablet (=daily dose)	% of NRV recommended daily dose*	per 100 g tablets
Chromium	200 µg	500	77 mg

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

Recommended dose: swallow 1 tablet per day with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 250 tablets = 63 g

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