

## **Chromium Picolinate**

Serving Size: 1 Capsule

Servings Per Container: 100

Amount Per Serving:	% Daily Value
Chromium (as Picolinate) 200mcg	167%

Other Ingredients: gelatin, rice flour, silicon dioxide and magnesium stearate.

Directions: Take 1 capsule daily, or as recommended by a health care professional.