

B009 Super GTF-Complex 100 tablets

A complex of organically bound chromium, manganese, zinc, selenium, magnesium, and alpha-lipoic acid.

Chromium contributes to the maintenance of normal blood sugar levels. Zinc contributes to the normal metabolism of carbohydrates, fatty acids, and macronutrients. Selenium contributes to the protection of cells against oxidative stress and to normal thyroid function.

Ingredients and % Reference Intake per tablet:

Chromium (chromium picolinate)	200 mcg	500%
Manganese (bisglycinate)	2 mg	100%
Zinc (L-zinc monomethionine)	10 mg	100%
Magnesium (bisglycinate)	50 mg	13.3%
Selenium (as L-selenomethionine)	50 mcg	91%
R+ Alpha-lipoic acid	30 mg	

(All minerals are listed in elemental amounts)

Bulking agents: rice starch, microcrystalline cellulose, and maltodextrins (from corn).
Anti-caking agents: vegetable magnesium stearate, diglyceride, silicon dioxide.

Usage and warnings:

As a dietary supplement, adults take 1 tablet daily; higher dosages as advised by a professional.

Consult your doctor if you have diabetes.

May affect the absorption of levothyroxine. Allow a minimum of 2 hours between taking levothyroxine and chromium.

Do not exceed the recommended dosage. Keep out of reach of children.

Consult a professional before use in cases of pregnancy, breastfeeding, illness (particularly diabetes), or medication use.

Do not use if hypersensitive to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.