

## Chromium



**Brand:** Lindens  
**Product Code:** L15  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £5.99**

### Short Description

Chromium is a trace mineral which supports normal macronutrient metabolism and contributes to maintenance of normal blood glucose levels. Each Lindens Chromium 200µg tablet yields 200µg elemental chromium, 500% NRV.

### Description

- Supports the maintenance of normal blood glucose concentrations
- Supports normal macronutrient metabolism
- 200µg elemental chromium per tablet
- High 500% NRV strength

Chromium is an essential trace mineral meaning it is needed by the body in small amounts. The nutrient can be obtained by our diet but recent studies have found that some people do not get sufficient levels from their diets. Chromium can be found in eggs, meat and whole-grains thus vegetarians and vegans may have insufficient intake from their diets.

Chromium contributes to the maintenance of normal blood glucose levels. Chromium also contributes to normal macronutrient metabolism. Macronutrients are nutrients that provide calories or energy and are needed for our survival. Nutrients are substances needed for growth, metabolism and for other bodily functions. There are three macronutrients: carbohydrate, protein and fat.

Lindens Chromium 200mcg Tablets contain a highly-bioavailable form of chromium, the organic salt chromium picolinate, yielding 200µg elemental chromium per easy-swallow tablet.

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

### **CHROMIUM**

Chromium 200µg contributing towards normalising blood glucose levels

**DIRECTIONS:** Food Supplement. Take one to three tablets each day with a little water.

**INGREDIENTS:** Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate), Anti Caking Agents (Magnesium Stearate, Silica), Chromium Picolinate (per tablet 1.6mg, yielding 200mcg Elemental Chromium)

Allergens (if any) in bold.

Free From: dairy, soya, sugar & gluten.  
Suitable for vegans and vegetarians.

EAN:

5060332531349 - 100 pack

## PRODUCT INFORMATION

per tablets

Nutrient	Amount	% NRV
Chromium	200mcg	500

NRV = Nutrient Reference Value