



CHROMEMATE®

- **ChromeMate® is a chromium supplement to support proper glucose and cholesterol functions.***
- ChromeMate® is a chromium polynicotinate and niacin combination that can help the body to build lean muscle mass, maintain glucose and cholesterol within normal ranges, and metabolize fat more efficiently.*
- ChromeMate® brand chromium is a niacin bound chromium complex, which is the active Glucose Tolerance Factor (the factor responsible for attaching insulin to cell membrane receptor sites where insulin functions). Chromium is a co-factor in metabolism of sugars, carbohydrates and proteins ensuring optimum utilization as energy opposed to being stored as fat.

ChromeMate® supports:

- Appetite and weight management*
- Glucose utilization*
- Healthy cholesterol ratios*
- Lean body mass*

Appetite and Weight Management:

- Chromium helps regulate blood sugar levels, helps the body stay in a fat burning mode, helps control appetite and cravings, supports weight management and helps to preserve lean tissue.*

Glucose Utilization:

- Chromium is a critical cofactor for glucose control, helping to transport blood sugar (glucose) into cells.*

Healthy Cholesterol Ratios:

- The average American diet is chromium deficient. Chromium is a trace mineral used by the body to regulate HDL-to-LDL ratios.* The body best absorbs chromium when it is taken in a form called chromium polynicotinate. Polynicotinate ensures bioavailability.

Lean Body Mass:

- Chromium plays an essential role in the metabolism of lipids and glucose by promoting the binding between insulin and its receptors.*
- Insufficient chromium is associated with insulin resistance, resulting in gradual, unfavorable changes in body composition.*
- Insulin is the primary, anabolic hormone and plays a role in thermogenesis.*

Supplement Facts

Serving Size: 1 Capsules

Amount Per Serving

Niacin	1.4 mg
Chromium (as Cr. Polynicotinate)†	200 mcg

†ChromeMate® brand niacin-bound chromium.

Other ingredients: cellulose, gelatin, vegetable stearate.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 capsule daily with a meal.

ChromeMate® is a registered trademark of InterHealth N.I.

CHROMEMATE®

0600205.060 (60 Capsules)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease

Copyright© 2010 by Mountain Naturals® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

WEB: www.mountainnaturals.com E-MAIL: info@mountainnaturals.com PHONE: 1•800•992•8451 FAX: 1•802•878•0549