



# ChromeMate® GTF

INTRODUCED 1992

## What Is It?

Chromium is important for fat and carbohydrate metabolism, as well as enzyme activation. ChromeMate provides all the benefits of chromium and enhances this with the additional benefits of nicotinic acid.\*

## Uses For ChromeMate® GTF

**Glucose and Fat Metabolism:** Optimal levels of chromium are essential for proper glucose and lipid metabolism. It is a critical component of Glucose Tolerance Factor (GTF). The potential for ChromeMate to promote GTF activity accounts for its roles in maintaining healthy glucose metabolism and supporting body composition.\*

**Body Composition:** One study showed that when combined with modest diet and exercise, ChromeMate® supported lean body composition in overweight women. A similar study at Georgetown University also suggested that ChromeMate may support lean muscle mass in overweight women.\*

## What Is The Source?

ChromeMate is synthetically produced through a specialized process from the highest quality chromium chloride (trivalent chromium) and niacin. Hypo-allergenic plant fiber is derived from pine cellulose.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

## Recommendations

Pure Encapsulations recommends:

- ChromeMate® GTF 600: 1 capsule per day, with a meal.
- ChromeMate® GTF 200: 1-3 capsules per day, in divided doses, with a meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Chromium is generally well tolerated, however has been associated with headaches, sleep disturbances, irritability and mood changes. There have also been rare reports of cognitive, perceptual, and motor dysfunction. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Chromium may inhibit thyroid medication absorption. Concurrent administration is not recommended. Individuals on insulin or anti-diabetes medication should have blood glucose levels monitored. Consult your physician for more information.

### ChromeMate® GTF 600

each vegetable capsule contains  v 3  
chromium (from chromium polynicotinate) ..... 600 mcg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
1 capsule per day, with a meal.

### ChromeMate® GTF 200

each vegetable capsule contains  v 3  
chromium (from chromium polynicotinate) ..... 200 mcg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
1-3 capsules per day, in divided doses, with meals.

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

For educational purposes only. Consult your physician for any health problems.