

# GTF Chromium

## Your Health Could Be Gone without a Trace

*If you could hold all of your body's trace minerals in the palm of your hand, they would form a pile about the size of a quarter—and yet you cannot live without them. Chromium is an important member of this group of trace minerals. While it's true that your body requires a thousand times more iron than chromium, chromium is crucial because it helps control the metabolism of glucose, which is the most bioavailable form of muscle energy in nature. Your good health depends on trace minerals like chromium.*



### **BENEFITS**

- Helps balance blood sugar levels.
- Aids in the control of glucose and fatty acids.
- Promotes energy by helping transport glucose to cells.
- Cuts down on the body's need for insulin, which may result in improved arterial health.

### **HOW IT WORKS**

Chromium is the central atom in the "glucose tolerance factor" (GTF), a hormone-like compound that works with insulin to transport glucose—the body's quickest fuel—out of the blood and into the cells. GTF is composed of two niacin molecules and three amino acids, and it requires zinc and manganese. With chromium present in the diet, the intestines can produce GTF.

### **NSP ADVANTAGE**

Nature's Sunshine manufactures chromium in 500 mcg tablets. This chromium has been chelated with amino acids to increase absorption.

### **SCIENTIFIC SUPPORT**

The National Research Council reports that animal experiments have shown chromium to be necessary in order for mammals to maintain normal blood sugar, acting as a co-factor to insulin. The council goes on to say that juvenile diabetes and coronary artery disease are associated with low concentrations of chromium in the blood.

### **INGREDIENTS**

NSP GTF Chromium also contains red clover, yarrow and horsetail. These herbs provide rich sources of chromium and are co-factors that help chromium to function properly.

### **RECOMMENDED USE**

Take 1 tablet daily.

### **COMPLEMENTARY PRODUCTS**

- **Nutritional:** Nopal, Ayurvedic Blood Sugar Formula, Pro-Pancreas.
- **Homeopathic:** Fatigue/Exhaustion, Nervousness.
- **Essential Oils:** Geranium, Eucalyptus BIO.

*GTF Chromium (90)*

*Stock No. 1801-6*



Contact your local NSP Herb Specialist: