

## Supplement Facts

Serving Size 1 vegetarian capsule

### Amount Per Serving

Iodine (typical value naturally occurring from *Ascophyllum nodosum* and *Fucus vesiculosus*) 25 mcg

Chromium (as Chromium GlycoProtein Matrix) 100 mcg

Phase 3™ Sucrase Inhibitor L-Arabinose and Chromium GlycoProtein Matrix (supplying 475 mg L-arabinose and 100 mcg chromium in a food bound state) 550 mg

InSea<sup>2</sup>\* [proprietary composition of demineralized polyphenols from brown seaweeds Kelp (*Ascophyllum nodosum*) and Bladderwrack (*Fucus vesiculosus*)] 125 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica.

Contains soybeans.

InSea<sup>2</sup>\* is a trademark of innoVactiv™. Phase 3™ is used under license.

### Dosage and Use

- Take one (1) capsule before consuming foods or drinks containing sugar, and/or refined carbohydrates, or as recommended by your healthcare practitioner.
- Take up to two (2) capsules daily.

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### Caution

If you are taking blood glucose lowering medication, consult your healthcare provider before taking this product.

### Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

