



The Form of

CHROMIUM MATTERS

Inorganic chromium salts are associated with a lower bioavailability in tissues and circulation over the long term compared to food forms, despite a more rapid rate of initial absorption.

The limitations in bioavailability of chromium, along with the discovery that GTF and food-form chromium may be better absorbed into the body's tissues, led to the development of yeast fortified with a more bioavailable form of chromium - GTF Chromium..

Our chromium ingredient is bound by a fermentation process with the *Saccharomyces cerevisiae* yeast strain that mimics a plant's metabolic process, so you get a food-form mineral your body can actually absorb. This method creates a product that is 20-50 times richer in wholefood forms of chromium complex than others.

WHY GTF EXCELL?

Supports already healthy blood sugar levels

Promotes energy production by helping transport glucose to cells

Stabilizes appetite for weight management

Highly bioavailable, maximizing the health benefits of the chromium

WHAT CAN GTF EXCELL DO?

Glucose Tolerance Factor (GTF) Chromium is a compound the liver uses to manufacture fatty acids, lecithin, cholesterol (HDL), and lipoproteins. It also helps manage healthy blood sugar levels, accelerates glucose transport to cells, and stabilizes appetites for healthy weight management.

CHROMIUM INTAKE

CHROMIUM INTAKE	REFERENCE
40 - 1000 mcg	Dosage Range For Nutritive Effects
120 mcg	International Recommended Daily Allowance
200 mcg	Maximum Recommended Daily Intake, FDA
100 mcg	Minimum Effective Daily Dose (MEDD)
50 mcg	Maximum Average Intake, USA
20 mcg	USA Average Intake, Adults

Chromium supplementation is vital, as most don't consume enough through diet alone, and the right form of this mineral makes all the difference in increasing intake.