

# Supplement Facts

**Serving Size: 1 Capsule**

**Servings per Container: 90**

Amount per 1 Capsule	%Daily Value*	
Chromium (chromium polynicotinate)	100mcg	83%
Vanadium (from vanadyl sulfate)	500 mg	†
Aspartic Acid	300mg	†
Bitter Melon (memordica charannia)	200 mg	†
Alpha Lipoic Acid	25 mg	†
Bilberry Extract (vaccinium myrtillus)	20 mg	†

†Daily Value not established

**Other Ingredients:** Rice flour, magnesium stearate, Capsule (gelatin and water)

**Suggested Use:** Take 1-2 capsules per meal or as directed by your Health Care Practitioner.