

## Optimized Chromium with Crominex® 3+

500 mcg, 60 vegetarian capsules | Item # 01504

Maintain healthy glucose metabolism.



4.8

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Chromium has an important role in maintaining healthy glucose metabolism. It also promotes endothelial health and helps maintain healthy lipid and triglyceride levels already within the normal range.

Gluten free | Non-GMO | Vegetarian

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#### Overview

#### What Is Chromium With Chrominex 3?

Chromium is a critical micronutrient recognized for its important role in maintaining healthy glucose metabolism.

*This formula is optimized with a standardized extract of Indian gooseberry and a proprietary form of shilajit.*

#### Optimized Chromium with Crominex® 3+ Benefits

- Supports already-healthy blood sugar, lipid & triglyceride levels
- Promotes normal cellular energy production
- Promotes endothelial health & more

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## Optimized Health Support

Our most advanced chromium complex has been optimized with a standardized extract of Indian gooseberry and a proprietary form of the adaptogen shilajit.

### Life Extension - Why We Do It?

#### The Best Supplements Science Can Offer

When putting something in your body, you should be confident that you're getting the nutritional benefits your body deserves. We've been delivering high-quality, science-backed supplements for more than 40 years.

#### What Matters to You, Matters to Us

We're committed to empowering you to live a healthier life. Whether it's finding sustainable partners for our ingredients or funding the latest anti-aging research, we're all about your health & wellness.

#### Highly Recommended

98% of our customers recommend us to family and friends. We're very proud of that because our loved ones matter to us—and we're willing to bet you feel the same way.

#### Product Transparency

40 years of research dedicated to bringing you premium, scientifically-validated formulations.

## Product Details

Chromium is a critical micronutrient recognized for its vital role in maintaining healthy glucose metabolism. This advanced chromium complex has been optimized with a standardized extract of Indian gooseberry and a proprietary form of the adaptogen shilajit. Crominex® 3+ helps support:

- Normal cellular glucose absorption<sup>1-3</sup>
- Healthy endothelial function<sup>4-6</sup>
- Healthy lipid and triglyceride levels already within normal range<sup>7-10</sup>
- Normal cellular energy production<sup>10</sup>

These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size 1 vegetarian capsule

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### Amount Per Serving

Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit]	500 mcg
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Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), silica, vegetable stearate.

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Crominex® 3+, Capros®, and Primavie® are patent protected and registered trademarks of Natreon, Inc.

## Dosage and Use

- Take one (1) capsule daily, or as recommended by a healthcare practitioner.

## 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.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

## Actual Size

Pill Size Image

## References

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2. *Horm Metab Res*. 2018;50(3):193-200.
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## Editor's Pick



## Top Brain Health Supplements 2025

Keep your head in the game with brain health supplements that offer optimal nutritional support for focus and attention, memory, recall and thinking skills.

## More Info

## Company ▼

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## Resources ▼

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\*Ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit [www.consumerlab.com/survey](http://www.consumerlab.com/survey).

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