



NATURE'S SUNSHINE

Chromium-GTF

GOOD FOR

Endocrine System

Liver

Pancreas

SIZE **90 tablets**

ITEM # **1801**

SERVING **1**

SUPPLY **90 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

Chromium-GTF brings together a carefully chosen blend of minerals, trace elements, and botanical extracts that work together to help your body manage blood sugar, support strong bones, and keep your energy on an even keel. Each ingredient plays its own role, and together they give your body a well-rounded foundation for everyday wellness.

Chromium — The star of this formula, chromium is a trace mineral your body uses to help insulin do its job properly — moving sugar from your blood into your cells where it can be used for energy. Research shows it may help support healthy blood sugar levels, ease carbohydrate cravings, and help keep appetite in check, making it a cornerstone of this blend.

Calcium — Best known for keeping bones and teeth strong, calcium is the most abundant mineral in the human body. It plays a quiet but essential role every single day — supporting the structure of your skeleton, helping muscles contract, and keeping nerves firing the way they should. Getting enough calcium is especially important for building and maintaining strong bones over a lifetime.

Phosphorus — Working hand-in-hand with calcium, phosphorus is the second most abundant mineral in your bones and teeth. Beyond the skeleton, it is a key building block of the molecules your cells use to store and release energy, meaning every movement, thought, and heartbeat depends on having enough phosphorus available. It supports both structural strength and everyday cellular vitality.

Horsetail — Horsetail is one of nature's richest plant sources of silica, a mineral that helps your body build and maintain collagen — the structural protein found in bones, cartilage, tendons, and skin. By supporting collagen formation, horsetail contributes to connective tissue health and may help keep bones resilient. It also brings natural antioxidant compounds that help protect cells from everyday oxidative stress.

Red Clover — Red clover has a long history of traditional use and is valued today for the natural plant compounds it contains, particularly isoflavones. Research suggests these compounds may help support bone mineral density, especially in women going through menopause, and may also contribute to healthy, flexible arteries. Red clover also provides antioxidant activity that helps the body manage everyday cellular wear and tear.

Yarrow — Yarrow is one of the oldest botanicals used by humans and is officially recognized by European herbal authorities for supporting healthy digestion and appetite. Its natural bitter compounds and flavonoids encourage healthy bile flow and gastric tone, which can help the body get more from the food it eats. Yarrow also delivers meaningful antioxidant support, helping to neutralize free radicals that accumulate from daily life.

 (888) 510-7196  service@caringsunshine.com

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