

# GL Support

## (Garcinia Cambogia with 5-HTP and Chromium)

### Nutritional Information per Tablet

	Amount	% EC RDA
Garcinia Cambogia Fruit	750mg	-
5-HTP	33mg	-
Niacin (Vitamin B3)	17mg	93
Vitamin B6	17mg	833
Riboflavin (Vitamin B2)	12.5mg	781
Thiamin (Vitamin B1)	12.5mg	893
Folic Acid	133µg	67
Chromium	75µg	-
Vitamin B12	5µg	500

**Non-active Ingredients:**  
Microcrystalline cellulose & magnesium stearate.

### Nutritional Information per Daily Intake (3 Tablets)

	Amount	% EC RDA
Garcinia Cambogia Fruit	2250mg	-
5-HTP	99mg	-
Niacin (Vitamin B3)	50mg	277.8
Vitamin B6	50mg	2500
Riboflavin (Vitamin B2)	37.5mg	2343.8
Thiamin (Vitamin B1)	37.5mg	2678.6
Folic Acid	400µg	200
Chromium	225µg	-
Vitamin B12	15µg	1500

**Ingredients**

*Garcinia cambogia* fruit, bulking agent (microcrystalline cellulose), *griffonia simplicifolia* (providing 5-HTP), niacin (vitamin B3 as nicotinamide) vitamin B6 (as pyridoxine hydrochloride), thiamin (vitamin B1 as thiamin hydrochloride), riboflavin (vitamin B2), anti-caking agent (magnesium stearate), folic acid, chromium polynicotinate, vitamin B12 (as cyanocobalamin).

### Recommended Intake

1 tablet with each main meal, or as professionally directed.

### Allergen Information

None

### Contraindications

Do not take if pregnant, planning a pregnancy or breastfeeding. If you are under medical supervision, please consult a doctor before use. Not to be used in conjunction with mood modifying drugs.