

Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Special Nutritionals

ARMS#

12717



2 - LABEL SAMPLE

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WHY DIETS DON'T WORK



Best Quality
FDA

WHAT IS CHROMIUM PICOLINATE?

Chromium Picolinate is an organic complex, a definite compound of trivalent chromium and picolinic acid. This product has been patented by the U.S. Department of Agriculture and is licensed under U.S. Patent 33,988.

DAILY ALLOWANCE...

According to U.S. Department of Agriculture studies (who also originally developed Chromium Picolinate), 9 out of 10 Americans get less than 50 micrograms of chromium daily as compared to the 50 to 200 micrograms recommended by the National Academy of Sciences. Supplementation of 1 to 2 capsules of AM-300, taken twice daily, mid-morning and mid-afternoon, provides you with this vital nutrient.



AM-300™

WITH CHROMIUM PICOLINATE

THE RESEAL OF OUR STOMACH
The ingredients of AM-300 are the same as the ingredients of the original AM-300. Our product is systematically designed, using the same natural ingredients that the Chinese have seemingly always known about, plus Chromium Picolinate, 100 to 200 micrograms taken twice a day.

INGREDIENTS

Ephedra Extract (MaHuang) - A good source of energy, improves blood circulation, and stimulates the burning of stored white body fat.

Guarana Extract - A high energy source.

Gotu Kola - Reduces high blood pressure, mental fatigue, and sensory. Helpful for skin disorders.

Siberian Ginseng - Stimulates mental and physical vigor.

Fo-Ti - Lowers cholesterol and strengthens the body.

Ginkgo Biloba - Antioxidant, increases circulation, reduces premature memory loss, and sensory.

White Willow Bark - Helps in-somnia, reduces pain, and is an anti-inflammatory.

Nigella Sativa - Good for high blood pressure and circulation.

Cayenne Pepper - Stimulates circulation, useful in sinus and respiratory ailments, helps the digestive system.



Hawthorn Berry Extract - Historically considered as a powerful tonic for the heart and water. Modern testing has linked much of its effect as protecting the heart from free radicals.

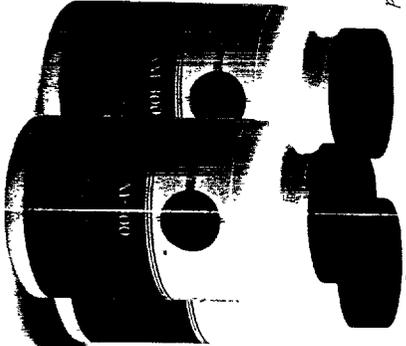
Green Tea Extract - Antioxidant and decaffeinate.

Selenium - Helps blood pressure and memory.

Echinacea - A blood purifier. Helps build up the supply of large white blood cells. Improves resistance to viral, fungal, and bacterial infections. Good for prevention of colds, flu, and blood poisoning.

Bladderwrack - Contains natural iodine to promote a healthy thyroid. It also stimulates blood circulation and eases obesity.

Reishi Mushroom - Helps stimulate liver activity, cleanses the blood, helps lower stress, and helps beautify the skin. It also helps strengthen the immune system.



Special Note This information was taken from the *Readers Digest Association*, *The British Herbal Pharmacopoeia*, (published by the British Herbal Medicine Association's Scientific Committee) and *"Holistic Herbal Healing"* by Dr. Samuel S. Troyer.

WHAT YOU NEED TO K

...the most important...
...these results can generally be obtained in 30 days of usage. Always consult your physician regarding any herbal product.

FOUR STEPS TO A LEAF FIRMER BODY

1. Reduce dietary fat consumption to no 20% of calories - eating fat makes)
2. Increase dietary fiber, low in calorie in nutrients.
3. Get regular exercise and burn fat cells
4. Take AM-300 daily
Lose the fat and keep the muscle!

Distinguished Physicians Recommend Chromium Picolinate

The Doctor's Vitamin and Mineral
By Sheldon Saul Hendler, M.D.
(Simon & Schuster)

The Chromium Program
By Jeffrey A. Fisher, M.D.
(Harper & Row)

The Prevention Plan
By Edwain Helenak, M.D.
(St. Martin's Press)

The Doctor's Book of Home Remedies
By Ronald Hoffman, M.D.
(Rodale Press)

The Purification Prescription
By Sheldon Saul Hendler, M.D.
(William Morrow & Co.)

The New Super Nutrition
By Richard Passwater, Ph.D.
(Simon & Schuster)

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