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**Gold L-carnitine 1000 + chromium** Food supplement in a form of effervescent tablets, containing L-carnitine and chromium in the form of chromium picolinate. With sweeteners.

Lot No./ Bcs: before: see bottom of tube.

**Storage conditions:** store indoors in dry place at room temperature, in tightly sealed original containers. Protect from moisture and light. Keep out of reach of children.

Other warnings and important information can be found further in the layered label. Please see the content of the entire label.

**20 tablets | 80 g**

Producer: Olimp Laboratories Sp. z o.o.  
Pustynia 84F, 39-200 Dębica, Poland

**1000 mg of L-CARNITINE in 1 TABLET**

Food supplement

**Gold L-carnitine 1000 + chromium**

With sweeteners



EFFER  
TABS

**20 tab. | 80 g**

Olimp Labs

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Nutrition information	1 tablet	NRV*
L-carnitine	1000 mg	-
Chromium	40 µg	100%

\*NRV - nutrient reference value.

**Ingredients:** L-carnitine-L-tartrate, acidity regulator - citric acid; bulking agent - sorbitols; acidity regulator - sodium carbonates; stabiliser - polyethylene glycol; flavourings (for lemon-mint flavour), maltodextrin; sweetener - saccharins; anti-caking agent - silicon dioxide; flavouring (for orange flavour), sweetener - sucralose; chromium picolinate - chromium, colour - carotenes (for orange flavour).

<b>Gold L-carnitine 1000 + chromium</b> Food supplement	<b>20 tablets   80 g</b>
	<b>1 tablet   4 g</b>

Producer:  
**Olimp Laboratories Sp. z o.o.**  
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**Gold L-carnitine 1000 + chromium**  
Food supplement in a form of effervescent tablets, containing L-carnitine and chromium in the form of chromium picolinate. With sweeteners.

**Chromium** contributes to normal macronutrient metabolism, such as fats and carbohydrates. Chromium also contributes to the maintenance of normal blood glucose levels.

**L-carnitine** mediates the transport of fat ingredients - fatty acids into the mitochondria (cellular energy centers).

The product is intended for adults, which control body mass and take care for physical condition, among others by physical activity, are slimming down and as complement of diet with chromium, especially for people showing big appetite for sweets and overweight people.

**Recommended use:** 1 tablet daily. Dissolve 1 tablet in 200 ml of water. It tastes best when chilled. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. A varied and balanced diet and a healthy lifestyle are recommended.

**Warning:** not recommended for pregnant or breastfeeding women without medical advice. Do not use in case of hypersensitivity to any ingredient of the formulation.