

# Chromium Picolinate

*Supports Healthy Blood Sugar Levels*



## DESCRIPTION

Chromium Picolinate 200 mcg is a trace element supplement that contains chromium bound to picolinic acid, a highly biologically active form of this mineral.

## FUNCTIONS

Chromium is an essential trace mineral that potentiates insulin action and thus influences carbohydrate, protein, and fat metabolism. The biologically active form of chromium, sometimes called glucose tolerance factor (GTF), occurs naturally in brewer's yeast. GTF has been proposed to be a complex of chromium, nicotinic acid (vitamin B-3), and possibly the amino acids glycine, cysteine, and glutamic acid. Although many attempts have been made to isolate or synthesize natural GTF, none have been entirely successful. Adequate chromium nutrition is essential for the formation of GTF and subsequent control of blood glucose levels.

Studies have shown that supplemental chromium may be useful for the maintenance of healthy blood sugar. Chromium appears to act by increasing insulin binding, insulin receptor numbers, and rate of insulin receptor phosphorylation. Chromium absorption is typically less than 2% efficient and variable depending on its chemical form. Studies have demonstrated that chromium picolinate has a bioavailability comparable to that of chromium polynicotinate, and higher than that of chromium chloride. Tissues retain anywhere from 2 to 8 times more chromium from chromium picolinate compared to chromium chloride. The typical dietary chromium intake in the U.S. can vary considerably depending on eating habits. Meats and unrefined whole grain cereal products, especially bran, are good sources of chromium. However, most self-selected diets contain less than 50 mcg per day, which is below the minimum of the Estimated Safe and Adequate Daily Dietary Intake established by the National Research Council, Food and Nutrition Board. Chromium requirements may be increased with high intake of refined carbohydrates and simple sugars, strenuous physical exercise or work, infection, or physical trauma.

## INDICATIONS

Chromium Picolinate 200 mcg may be useful as a daily supplement for individuals who wish to supplement their intake of chromium or who have a demonstrated need for supplemental chromium in its active form due to dietary deficiency or impaired metabolism.

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

## FORMULA (WW #10036)

### 1 Capsule Contains:

Chromium (as picolinate) .....200 mcg  
Other Ingredients: Gelatin, water (capsules), rice powder, and magnesium stearate.

Our Chromium Picolinate is 100% pure crystalline powder.

This product contains NO sugar, salt, dairy, yeast, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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Manufactured For:

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