



Chromium Plus

- Provides Highly-Absorbed Chromium for a Variety of Protocols
- High-Concentration Chromium for Blood Sugar Support
- Helps Maintain Healthy Insulin Levels

This product includes 200 mcg per serving of chromium, ideally formulated using the superior chromium polynicotinate (niacin-bound) form for enhanced absorption and superior function. Chromium enhances insulin control, promotes healthy glucose metabolism, and supports appetite control.

Overview

Chromium is a trace mineral essential to human health. According to the United States Department of Agriculture, approximately one in ten Americans achieves the minimum recommended daily requirement for chromium (50 mcg). Supplementing chromium can help maintain healthy levels within the body. Absorption of chromium from the intestinal tract is low and chromium reserves are easily depleted with high-sugar diets and excessive exercise, but absorption can be enhanced with niacin.^[1-8] Once chromium is properly absorbed, it is stored in the liver, spleen, soft tissue and bone.^[9]

Chromium is considered a cofactor of insulin, the hormone responsible for regulation of the metabolism of carbohydrates, fats and protein. Chromium acts as a seal between insulin and the receptor sites on cell membranes, supporting regulation of sugar and glucose transport into the cells. Chromium is essential to the efficacy of insulin in the body and contributes to blood sugar balance.^[10-12] Some studies indicate that taking chromium supplements can also contribute to bone health and longevity.

Blood Sugar Balance[†]

Chromium deficiency impairs the body's ability to efficiently use glucose to meet its energy needs and raises insulin requirements. Experts suggest that this role makes chromium supplements essential to support insulin function and promote blood sugar balance.

Fat Metabolism[†]

In some studies, supplementing chromium at 150 to 1,000 mcg/day has been shown to support healthy HDL, LDL and triglyceride levels.^[16-22]

Directions

1 or more capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts^{v2}

Serving Size 1 Capsule
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Chromium (as O-polynicotinate) [†]	200 mcg	167%

[†] 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.

References

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