

## Chromium

### Chromium Polynicotinate

#### DESCRIPTION

Chromium capsules®, provided by Douglas Laboratories®, provide 400 mcg of chromium from chromium polynicotinate.

#### FUNCTIONS

Chromium is generally accepted as 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 brewers yeast. GTF has been proposed to be a complex of chromium, nicotinic acid (vitamin B3), and possibly the amino acids glycine, cysteine, and glutamic acid.

Many attempts have been made to isolate or synthesize natural GTF, but none have been entirely successful. The most promising approach to natural GTF is chromium polynicotinate, the active form of chromium in ChromeMate. No other synthetic chromium complex comes as close to natural GTF as chromium polynicotinate (niacin-bound chromium) in terms of biological activity and chemical structure.

Chromium absorption is typically less than 2% efficient and variable depending on its chemical form. Studies have demonstrated that chromium from ChromeMate has a higher bioavailability than other chromium compounds, such as chromium picolinate or chloride. Tissues retained anywhere from 2 to 8 times more chromium from ChromeMate compared to chromium picolinate or 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 capsules may be a useful dietary supplement for individuals who wish to supplement their intake of chromium.

#### FORMULA (#80240)

1 capsule contains:

Chromium (polynicotinate\*) ..... 200mcg

\* ChromeMate® brand of niacin-bound GTF chromium, U.S. patent #4,923,855, InterHealth Company.

#### SUGGESTED USE

Adults take 1 capsule daily or as directed by their health care professional.

#### SIDE EFFECTS

No adverse side effects have been reported.

#### STORAGE

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

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#### REFERENCES

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- Morris BW et al. The trace element chromium--a role in glucose homeostasis. Am J Clin Nutr 1992;55:989-991.
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- Wallach S. Clinical and biochemical aspects of chromium deficiency. J Am Coll Nutr 1985;4:107-120.

**For more information on Chromium visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**