

## Chromium

### DESCRIPTION

Chromium tablets®, provided by Douglas Laboratories®, provide 1 mg of chromium from chromium chelate.

### FUNCTIONS

Chromium is generally accepted as an essential trace mineral that potentiates insulin action and thus influences carbohydrate, protein, and fat metabolism.

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, work or physical trauma.

### INDICATIONS

Chromium tablets may be a useful dietary supplement for individuals who wish to supplement their intake of chromium.

### FORMULA (#7911)

Each Tablet contains:

Chromium (from chromium chelate) ..... 1 mg

### SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily or as directed by their health care professional.

### SIDE EFFECTS

Diabetics: use only under a physician's supervision.

### STORAGE

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

### REFERENCES

Lefavi R et al. Lipid-lowering effect of a dietary nicotinic acid-chromium (III) complex in male athletes. FASEB J 1991;5:A1645 (abstract).

Mertz W. Chromium in human nutrition: a review. J Nutr 1993;123:626-633. 5-372.

Morris BW et al. The trace element chromium--a role in glucose homeostasis. Am J Clin Nutr 1992;55:989-991.

Qiao W, Peng Z, Wang Z, Wei J, Zhou A. Chromium Improves Glucose Uptake and Metabolism Through Upregulating the mRNA Levels of IR, GLUT4, GS, and UCP3 in Skeletal Muscle Cells. Biol Trace Elem Res. 2009 Mar 13.

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.**