

**Dual-Source Chromium**  
**Supports Healthy Glucose Metabolism**

**DESCRIPTION**

Dual Source Chromium, produced by Douglas Laboratories®, supplies 300 mcg of dietary chromium in two highly bioavailable forms, chromium polynicotinate and chromium picolinate

**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 brewers 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 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 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. Both chromium picolinate and chromium polynicotinate are highly bioavailable forms that can be retained in tissues anywhere from 2 to 8 times better than chromium chloride. The typical chromium intake in diet 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.

**INDICATIONS**

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

**FORMULA (#7427)**

**Each Capsule Contains:**

Chromium (picolinate).....	150 mcg
Chromium GTF (polynicotinate).....	150 mcg

**SUGGESTED USE**

Adults take 1 capsule daily with meals or as directed by physician.

**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**

Anderson RA. Chromium, glucose intolerance and diabetes. J Am Coll Nutr 1998;17:548-55.  
 Anderson RA, Bryden NA, Polansky MM. Lack of toxicity of chromium chloride and chromium picolinate in rats. J Am Coll Nutr 1997;16:273-9.  
 Anderson RA, Cheng N, Bryden NA, et al. Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type 2 diabetes. Diabetes 1997;46:1786-91.  
 Bahadori B, Wallner S, Schneider H, et al. [Effect of chromium yeast and chromium picolinate on body composition of obese, non-diabetic patients during and after a formula diet]. Acta Med Austriaca 1997;24:185-7.

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**For more information on Dual-Source 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.**

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