CHELATED CHROMIUM 200 mcg

UPC CODE 0 646420 2288 2
NPN # 00496685

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Chelated Chromium 200 mcg is approved for the following NHPD claims:

- Helps the body to metabolize carbohydrates and fats
- Provides support for healthy glucose metabolism

GENERAL INFORMATION

Chromium is an essential trace mineral necessary for normal growth and health. It is found in a variety of foods, including whole grains, potatoes, cheese, nuts, seafood, and brewer's yeast. Chromium forms part of a compound in the body known as the Glucose Tolerance Factor (GTF), and is necessary for the efficient metabolism of glucose, fat, and protein. Although it is recommended that people consume approximately 50-200 mcg per day of chromium for optimal health, it is thought that chromium deficiency may be widespread throughout North America, since a variety of processing methods remove much of the naturally occurring chromium in foods. A chromium deficiency can lead to health problems such as insulin resistance (cells are not responsive to insulin) and elevated blood glucose levels.

Considerable experimental and epidemiological evidence indicates that chromium levels are a major determinant of insulin sensitivity. After the consumption of carbohydrate-containing food, blood glucose levels in the body rise as the carbohydrates are broken down and metabolized. In response, the pancreas secretes insulin, a hormone responsible for transporting glucose into the cells where it can be used for energy. In order to do this, insulin must be able to attach to receptors on the surface of cells. Chromium functions as a cofactor in all insulin regulating activities, and is thought to be involved in the attachment of insulin to cell receptors. As a result, this trace mineral may help to improve blood sugar levels in people with diabetes or glucose intolerance, by improving the way insulin works. Furthermore, adequate chromium intake may assist in controlling the appetite, and reducing cravings for foods high in sugar.

Chromium is necessary for the metabolism of protein and fat. There is scientific evidence to suggest that supplemental chromium can help decrease elevated triglycerides and LDL ("bad") cholesterol levels, while increasing levels of HDL ("good") cholesterol. Furthermore, a mild deficiency of chromium has been associated with the development of the metabolic syndrome ("Syndrome X"), which involves a cluster of risk factors, including hyperinsulinemia (high insulin levels), high blood pressure, elevated blood glucose and triglyceride levels, and decreased HDL cholesterol. All of these factors may show improvement with adequate chromium intake.

Jamieson Chelated Chromium is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Chelated Chromium from Jamieson Laboratories different….and why does that difference mean better?

1) Chelated (mirobound) to vegetable protein for optimal absorption of chromium.

2) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 100 tablets.
Each tablet contains:
Chromium (HVP Chelate)……..…….....200 mcg
Chelated (microbound) to vegetable protein to aid in chromium assimilation.

EXCIPIENTS

Cellulose, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

DIRECTIONS

Adults: Take 1 tablet daily with a meal. Store between 15ºC-25ºC, away from children.

INDICATED BENEFITS

- Helps regulate insulin to maintain healthy blood sugar levels
- Decreases insulin requirements and may improve glucose tolerance in individuals with diabetes mellitus
- Decreases triglycerides and total cholesterol levels
- Increases HDL ("good") cholesterol levels

NUTRIENT INTERACTIONS

Drug Interactions
Chromium may affect the dosage of insulin, alpha-glucosidase inhibitors, or other anti-diabetes medications.

Nutrient Depletions
Calcium carbonate supplements, antacids, and oral corticosteroids may reduce the absorption of chromium.

Foods rich in phytic acid (unleavened bread, raw beans, nuts, seeds, grains, and soy isolates) may decrease chromium absorption.

Do not take more than the recommended dose of chromium. Higher doses may impair the absorption of iron and zinc.

Supportive Interactions
Vitamin C may enhance the absorption of chromium.

WARNINGS AND PRECAUTIONS

For adult use only.

TOXICITY, ADVERSE REACTIONS AND SIDE EFFECTS

None known when taken as directed.

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