



Chromium (picolinate)

INTRODUCED 1993

What Is It?

Chromium picolinate is a highly utilizable form of chromium, promoting healthy glucose and lipid metabolism, as well as enzyme activation.*

Uses For Chromium (picolinate)

Glucose and Fat Metabolism: Optimal levels of chromium are essential for proper glucose and lipid metabolism.* One small study suggests that chromium picolinate may reduce the risk of insulin resistance, and therefore possibly may reduce the risk of type 2 diabetes. FDA concludes, however, that the existence of such a relationship between chromium picolinate and either insulin resistance or type 2 diabetes is highly uncertain.

What Is The Source?

Chromium is sourced naturally from earthen ore. Picolinate is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, with meals.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Chromium is generally well tolerated, however has been associated with headaches, sleep disturbances, irritability and mood changes. There have also been rare reports of cognitive, perceptual, and motor dysfunction. Consult your physician for more information.


Are There Any Potential Drug Interactions?

Chromium may inhibit thyroid medication absorption. Concurrent administration is not recommended. Individuals on insulin or anti-diabetes medication should have blood glucose levels monitored. Consult your physician for more information.

Chromium (picolinate) 500 mcg

each vegetable capsule contains	 v 3
chromium (picolinate).....	500 mcg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-2 capsules per day, in divided doses, with meals.	

Chromium (picolinate) 200 mcg

each vegetable capsule contains	 v 3
chromium (picolinate).....	200 mcg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-2 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.