

Background:

Chromium is a trace mineral that helps potentiate insulin function, therefore helps support carbohydrate, fat and protein metabolism. Several studies have shown that chromium helps support glucose levels already in the normal range, in individuals with impaired glucose tolerance. The mechanisms by which chromium works are not completely understood. We know from animal and human studies that when given a chromium deficient diet, we see abnormal glucose metabolism, increased blood glucose and impaired insulin function. Chromium in the form of chromium picolinate is chromium bound to (chelated to) picolinic acid, a compound which seems to enhance the absorption of chromium which is typically poorly absorbed. Chromium picolinate has been shown to be better absorbed and more bioavailable than chromium chloride, but slightly less than Chromium polynicotinate.*

Features:

- Chromium bound to (chelated to) picolinic acid
- Clinical studies on safety and efficacy.
- 200 mcg per capsule

Benefits:

- Studies show chromium picolinate is better absorbed than chromium chloride (non-chelated).*
- Research studies show chromium picolinate helps support blood glucose and cholesterol levels already in the normal range.*
- Beneficial to individuals who consume mostly refined foods and or have impaired glucose tolerance.*
- Some studies, however, not strong, show chromium picolinate may help support lean body mass and reduce body fat.*

*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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