

TECHNICAL MONOGRAPH

PRODUCT NAME: CHROMassist

CONSTITUENTS:	Common Name	Botanical Name
	chromium (from yeast)	
	Yeast, nutritional	<i>Saccharomyces cerevisiae</i>

INTENDED PURPOSE

Chromium is essential for normal functioning of the hormone insulin. CHROMassist is designed to boost the uptake of glucose from the blood-stream into muscle tissues and fat to be used as energy to power work, and aids in stabilising blood sugar levels. During aerobic workouts it enhances the release of fatty acids from reserves to boost energy. It normalizes blood sugar in insulin resistance, improves athletic performance and boosts lean-muscle mass.

EVIDENCE FOR EFFICACY

- **Saccharomyces cerevisiae** (nutritional yeast) is a probiotic that can be provided in high numbers as a live cell culture or as a dried product in the diet. Its benefits in horses and other animals include modifying intestinal flora in the large intestine and hindgut to improve starch digestibility (Medina et al. 2002; Jouany et al. 2009). There is the potential for enzymes involved in plant cell wall digestion to be increased with repeated ingestion of this yeast, resulting in improved digestion of fiber in horses (Jouany et al. 2008; Mackenthun et al. 2013).
- **CHROMIUM-ENRICHED YEAST PROVIDES A GOOD DIETARY SOURCE OF SUPPLEMENTAL CHROMIUM.** CHROMIUM IS AN ESSENTIAL TRACE MINERAL THAT IS IMPORTANT IN CELLULAR METABOLISM, AND PARTICULARLY MUSCLE GLUCOSE – INSULIN METABOLISM (VINCENT 2010; CHAMEROY ET AL. 2011; MICROMINERAL REQUIREMENTS IN HORSES [HTTP://WWW.KER.COM/LIBRARY/ADVANCES/239.PDF](http://www.ker.com/library/advances/239.pdf)).

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