



Chromium - up to 10 times better bioavailability

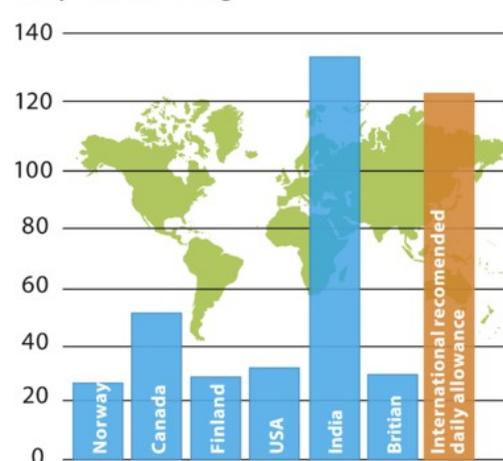
What is Bio-Chromium?

Each tablet of Bio-Chromium contains 100 micrograms of elementary chromium. The chromium used in Bio-Chromium is organically bound meaning it is bound to natural amino acids from yeast (chromium yeast). It has an excellent bioavailability in the body ensuring that it is up to 10 times more absorbable than other approved sources of chromium. Bio-Chromium is made with a patented organic source called ChromoPrecise®, which is a chromium yeast developed specifically to provide optimal bio-availability. Bio-Chromium is manufactured not only in compliance with GMP but also according to the highest pharmaceutical standards in order to ensure excellent quality and safety with exhaustive documentation.

What is chromium?

Chromium is an essential mineral that contributes to normal metabolism of carbohydrates, lipids, and proteins. In addition, chromium supports biological processes involved in maintaining normal blood sugar levels. Inorganically bound chromium usually have a poor bioavailability in the body. The effect of a chromium supplement is determined by how effectively the nutrient is absorbed in the body.

Daily intake in mcg



Spices have a high chromium content and that explains why Indian people generally get more of this vital nutrient.

The body's chromium reserve is around 4-6 mg. With increasing age, the concentration of chromium in various tissues may drop significantly. Snacking on something sweet may offer temporary relief because of the quick "sugar fix" that gives immediate energy, but the effect wears off soon after, leaving them where they started.

Bio-Chromium

1 tablet contains:

Chromium	100 µg	% RDA*
		250%

* RDA=Recommended Daily Allowance

Dosage

1 tablet daily, unless otherwise advised.
Do not exceed the recommended daily dosage.
Do not chew the tablet but swallow it whole, preferably during/after a meal.

Dietary supplements should not replace a varied diet.

Suitable for vegetarians.

Ingredients

Chromium enriched **yeast** (ChromoPrecise[®]), maltodextrin. filler: microcrystalline cellulose, anti-caking agents: talc, silicon dioxide, glazing agent: hydroxypropyl methylcellulose, firming agent: magnesium salts of fatty acids.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

In the long run, such cravings for sugary foods may have a negative effect on body weight. With a product like Bio-Chromium, you can help your body maintain normal blood sugar levels and prevent these situations from occurring.

From GTF to chromodulin

For many years it was thought that chromium was included as part of a substance called GTF (Glucose Tolerance Factor). GTF were believed in addition to chromium to consist of the B vitamin, niacin, and the amino acids glycine, cysteine and glutamic acid. The theory of GTF was only partially supported, and the existence of a specific GTF molecule in the body has never been proven. More recent research has however revealed the existence of a unique chrome-binding molecule called chromodulin, which is slightly different from GTF, but with the same characteristics. So when we talk about chromodulin instead of GTF, it's the same benefits we are referring to.

Chromium is several things

Normally, we associate chromium with the chromium-plated fixtures in bathrooms or on motorbikes. The chromium form used for these purposes (industrial chromium) is not part of human biochemistry. We need chromium in its so-called trivalent form. Trivalent means that it is able to form three chemical bonds with other atoms (industrial chromium is hexavalent)

Scandinavian, British, and American dietary analyses show that the average chromium intake is somewhere around 30-40 µg daily. EFSA (the European Food Safety Authority) recommends a daily chromium intake of 40 µg, while the WHO considers the nutrient as safe with intakes up to 250 µg.

What foods contain chromium?

- shellfish
- nuts
- raisins
- meat
- beans
- black pepper

What is blood sugar?

Blood sugar is a common term for blood levels of glucose, which is the body's energy source. The hormone insulin plays a crucial role in metabolising sugar, as insulin enables sugar to enter the cells. Chromium contributes to the process by ensuring that insulin can bind to insulin receptors in the cell membranes. The body's normal blood sugar values are between 3 and 7 mmol/l.



A chromium supplement may contribute to stabilising blood sugar levels. Stable blood sugar reduces the need for sweets.