

Chromium...Small but Powerful

Chromium is vital for enhancing insulin function and supporting proper blood sugar balance while also decreasing the risk of heart disease.



Chromium is an essential mineral that must be obtained from the diet. It improves the ability of glucose (sugar) to enter the cells of the body to create energy. This prevents elevations in blood sugar levels.

Chromium has also been shown to reduce the risk of heart disease by decreasing LDL ("bad" cholesterol) levels, and slightly increasing HDL ("good" cholesterol) levels.

Unfortunately chromium is a difficult mineral for the body to absorb and as we age stored levels of chromium tend to decrease. These factors, combined with low chromium soil levels and increased consumption of chromium deficient refined foods such as sugar and flour, many North Americans are deficient in this mineral.

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Signs of Chromium Deficiency

- High blood sugar levels
- Anxiety or fatigue
- High cholesterol levels and increased progress of atherosclerosis
- Slower healing times after injuries or surgery

To Avoid Deficiency and Maintain a Good Intake of Chromium:

- Avoid sugar and sugar products, soda pops, candy, and presweetened breakfast cereals
- Avoid refined, white flour products, such as white breads and crackers
- Use whole wheat products, wheat germ, and/or brewer's yeast
- Eat whole foods
- Take a general supplement that contains chromium, approximately 100-200mcg daily