



Category 5  
Minerals



## CHROME MATE

(Chromium) #101415 90 Caps

**Description: Chromium**, a metallic micronutrient, is difficult for the body to absorb and retain. Compounding this problem the average diet is low in Chromium because of soil deficiencies. When we have low levels of Chromium within the body, it can lead to low blood sugar levels and adult onset diabetes. Low blood sugar levels can sap energy levels too. **Chrome Mate** helps your body convert food to energy more efficiently, as well as reducing cholesterol levels by 14%, which helps maintain that healthy level. **ChromeMate's** unique patented complex was found to be **18** times more bioactive than other forms of niacin-bound Chromium.

### Contents / Ingredients

### Traditional Therapeutic Action

**Chromium** is an essential trace element necessary for proper metabolism of carbohydrates, fats, and proteins, has its primary influences via an ability to enhance insulin sensitivity. Unfortunately, a recent survey reported that nine out of ten people do not receive enough Chromium in their diets, supporting the accepted concept that marginal chromium deficiencies are widespread among the general public.

- The modern diet is largely responsible for the deficient chromium status.
- Roughly 80% of chromium in food is removed in processing.
- Heavy sugar consumption is known to augment chromium excretion in urine.
- Chromium deficiencies become more extensive with aging as the body's inability to mobilize and activate chromium into a usable form.
- Athletes, childbearing women, and diabetics are prone to chromium deficiencies.

Athletes are prone to chromium deficiencies, because aerobic exercise and training have been found to augment excretion of chromium. In childbearing women, the mother's supply of chromium is depleted by the fetus. This is evidenced by a sharp decline in the mother's chromium concentration in the third trimester. Diabetics excrete three times more chromium than normal people do. Finally, bodily stresses such as infection, surgery, and intense climatic changes can also enhance chromium excretion. Deficiencies in Chromium have been proposed as a cause of chronic health problems such as *cardiovascular diseases, strokes, hypertension, lipid disorders, obesity, low blood sugar levels, adult onset diabetes and even cancer*. It has been reported that patients suffering with arteriosclerosis were low in chromium. Body builders use chromium supplementation to enhance muscle development and a study with obese women taking **ChromeMate** while exercising resulted in significant weight loss.

**GFY ChromeMate** is a unique, patented niacin-bound chromium complex that significantly increases the bioavailability and biological activity of chromium. It has been discovered that simple forms of chromium are poorly absorbed, typically less than 2% of the amount consumed. Dr. Mertz discovered that the chromium was complexed with several amino acids and the B-vitamin niacin, which he termed "Glucose Tolerance Factor" or "GTF". He found that very little of the glucose was metabolized by the fat cells. But when he added a niacin-bound chromium complex to the medium, the glucose was actively metabolized, equal to that when GTF from Brewers yeast was added to the medium. Researchers at New Zealand's Massey University found that **ChromeMate's** unique patented complex was found to be **18** times more bioactive than other forms of niacin-bound chromium.

#### Supplement Facts

Serving Size 1 Capsule	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	1.1 mg	6%
Chromium (as Chromium Polynicotinate)	200 mcg	167%

Other ingredients: White rice flour, magnesium stearate, silicon dioxide.

Contains no yeast, wheat, corn, egg, soy, or milk.

**SUGGESTED DOSAGE:** As a dietary supplement, take one capsule daily, preferably with meals.

**CAUTION:** Diabetics: use only under a physician's supervision.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.