



— Your Trusted Source —

Chromium (picolinate)

Introduced 1993



What Is It?

Chromium picolinate is a highly utilizable form of chromium, promoting healthy glucose and lipid metabolism, as well as enzyme activation.*

Uses For Chromium (picolinate)

Glucose and Fat Metabolism: Optimal levels of chromium are essential for proper glucose and lipid metabolism.* One small study suggests that chromium picolinate may reduce the risk of insulin resistance, and therefore possibly may reduce the risk of type 2 diabetes. FDA concludes, however, that the existence of such a relationship between chromium picolinate and either insulin resistance or type 2 diabetes is highly uncertain.

What Is The Source?

Chromium is sourced naturally from earthen ore. Picolinate is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends:

- 500 mcg: 1-2 capsules per day, in divided doses, with meals.
- 200 mcg: 1-3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Chromium is generally well tolerated, however has been associated with headaches, sleep disturbances, irritability and mood changes. There have also been rare reports of cognitive, perceptual, and motor dysfunction. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Chromium may inhibit thyroid medication absorption. Concurrent administration is not recommended. Individuals on insulin or anti-diabetes medication should have blood glucose levels monitored. Consult your physician for more information.

Chromium picolinate 500 mcg

each vegetarian capsule contains  v 3

chromium (as chromium picolinate)	500 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

1-2 capsules daily, in divided doses, with meals.

Chromium picolinate 200 mcg

each vegetarian capsule contains  v 3

chromium (as chromium picolinate)	200 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

1-3 capsules daily, in divided doses, with meals.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.