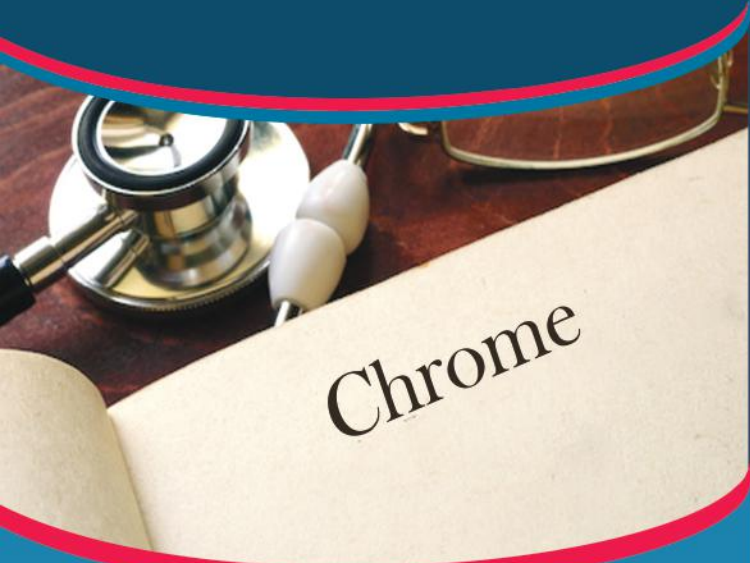




# Chrome



Breastfeeding mothers 19 to 50 years: 45  
micrograms per day

Men 14 to 50 years: 35 micrograms per day

Men older than 50 years: 30 micrograms per  
day

## ► Chromium food sources ◀

The best food source of chromium is brewer's yeast. However, many people do not use brewer's yeast because it causes bloating and nausea. Meat and whole-grain products are relatively good sources. Some fruits, vegetables, and spices are almost good sources. Ascorbic acid and prostaglandin inhibitors such as aspirin increase chromium absorption, while oxalate and antacids inhibit it.

Other good sources of chrome include:

- ▶ Beef
- ▶ Liver
- ▶ egg
- ▶ Chicken
- ▶ Shell
- ▶ Wheat germ
- ▶ Broccoli

## ► Chromium supplements ◀

Most multivitamin-mineral supplements contain chromium, typically 35-120 micrograms.

Chromium-only supplements are also available and usually provide 200 micrograms to 500 micrograms of chromium, although some contain 1000 micrograms.



## ► Advantages and disadvantages of chrome supplements

Chromium picolinate is a popular supplement for those who want to build muscle or lose weight. Some bodybuilders and athletes do this to increase performance and increase energy. Preliminary studies show that chromium supplementation may help with weight loss and increase muscle mass.

### Chromium and drugs

Different types of drugs can interact with chromium supplements such as:

- ▶ Insulin
- ▶ Metformin and other anti-diabetic drugs
- ▶ Levothyroxine

Health conditions that require more chromium

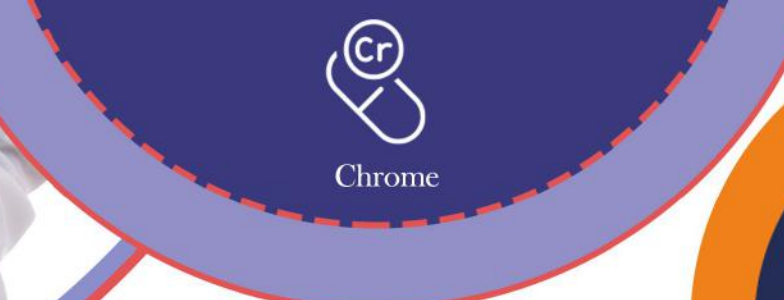
People with the following health conditions should pay special attention to their chromium status:

- ▶ Acne
- ▶ Glaucoma
- ▶ High cholesterol levels
- ▶ High levels of triglycerides
- ▶ Hypoglycemia

Insulin-dependent diabetes mellitus (NIDDM)

- ▶ Obesity
- ▶ Psoriasis





The connection between chrome and weight loss

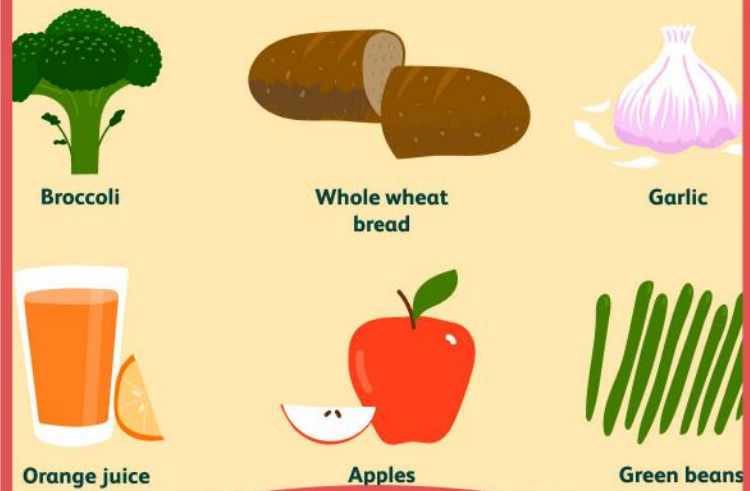
Because chromium may boost insulin function, some scientists have suggested that chromium supplementation may reduce the amount of glucose converted to fat and increase protein synthesis, followed by muscle mass.

Chromium is an essential mineral that the body needs in small amounts. This element is one of the many elements in the earth's crust and seawater, but only a few are present in the body.

The connection between chrome and health

- ▶ Blood sugar control
- ▶ Nucleic metabolism of acids and cholesterol
- ▶ Improve metabolic syndrome
- ▶ Improve polycystic ovary syndrome (PCOS)
  - ▶ Adjust blood lipid levels
- ▶ Metabolic syndrome includes several risk factors such as abdominal obesity, high triglyceride levels, low HDL levels, high blood pressure, and fasting glucose levels, which increase heart disease, diabetes, and stroke. Insulin resistance is one of the causes of this syndrome. Researchers believe that the use of chromium sources may help people with this syndrome.

### Foods That Contain Chromium



▶ infants

- 0 - 6 months: 0.2 micrograms per day
- 7 - 12 months: 5.5 micrograms per day

▶ children

- 1 - 3 years: 11 micrograms per day
- 4 - 8 years: 15 micrograms per day
- Girls 9 to 13 years: 21 micrograms per day
- Boys 9 to 13 years: 25 micrograms per day

▶ adults

- Women 19 to 50 years: 25 micrograms per day
- Women older than 50 years: 20 micrograms per day
- Pregnant women 19 to 50 years: 30 micrograms per day