



# Chromium Picolinate

*Nature's Harmony® Chromium Picolinate is formulated from a potent bioactive source of the trace mineral chromium that helps maintain healthy glucose levels. Chromium picolinate is the most popular form of this supplement, binding chromium to picolinic acid to make it more readily absorbed.*

400894 (500mcg)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Provides support for healthy glucose metabolism. A factor in the maintenance of good health. Helps the body to metabolize carbohydrates and fats. Helps to prevent chromium deficiency.	Capsules: 500 mcg	Adults take 1 capsule daily. Consult a health care practitioner for use beyond six months.

## DESCRIPTION:

Chromium is a vital trace element required for normal glucose metabolism and for the proper digestion and absorption of carbohydrates. Nature's Harmony® Chromium Picolinate, available in 500 mcg potencies, provides support for normal, healthy insulin action and glucose utilization.	
<b>Recommended Daily Allowance:</b>	200 mcg is considered to be the safe upper limit for adults in good health; higher amounts should be taken only on the recommendation and under the supervision of a health care practitioner.
<b>Food Sources:</b>	Calf's liver, chicken breasts, oysters, refried beans, brewer's yeast, wheat germ, wheat bran, whole grains, mushrooms, peas, apples (skin on).
<b>Causes of Deficiency:</b>	Consuming highly processed foods.
<b>Symptoms of Deficiency:</b>	Insulin concerns.
<b>Complementary Nutrients:</b>	Multi-vitamin.

## HOW IT WORKS:

Chromium picolinate stimulates enzymes in metabolism and helps the hormone insulin to regulate blood sugar. It also helps enhance insulin function by making insulin receptors function properly. People with type 2 Diabetes may find that chromium picolinate helps them to manage their blood sugar levels, as well as possibly reduce elevated blood cholesterol and triglyceride levels. Chromium picolinate supplements do not seem to affect normal glucose levels.



### DID YOU KNOW...

*Food processing strips foods of chromium, particularly in refined grains.*

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## RESEARCH:

Several published clinical studies support the use of chromium picolinate to help maintain healthy glucose levels. One large human trial showed that increased chromium intake could improve glucose and insulin factors in people with type 2 Diabetes. The USDA conducted an impressive review of 20 years of research on chromium picolinate and found it to be more effective than other types of chromium for improving glucose and insulin variables associated with diabetes.


## SIDE EFFECTS:

Dietary intake and regular doses of supplemental chromium picolinate are considered quite safe with few if any side effects. However, high doses of chromium picolinate may result in headaches, insomnia and mood changes. High doses may also cause serious damage to kidney and liver function.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult your health care practitioner before use if you are pregnant or breastfeeding, or taking medication which lowers blood sugar. Do not supplement with chromium picolinate if you suffer from a pre-existing kidney or liver problem. Chromium picolinate supplements may interact with oral drugs for diabetes, NSAIDs and psychiatric medications. If you are taking any medications on a regular basis, consult with your health care practitioner before supplementing with chromium picolinate.

## LABEL:



**Nature's Harmony**

**Picolinate de Chrome**  
(500 mcg de chrome)

**Contribue au sain métabolisme du glucose**

**90 capsules**  
NPN 80016239

**Usage recommandé:** Contribue au sain métabolisme du glucose. Un facteur dans le maintien d'une bonne santé. Aide le corps à métaboliser les glucides et les lipides. Aide à prévenir une carence en chrome.

**Dose recommandée (adultes):** Prendre 1 capsule par jour. Pour un usage de plus de six mois, consulter un praticien de soins de santé.


**Ingédient médicamenteux:** Chaque capsule contient: Chrome (sous forme de picolinate de chrome) ..... 500 mcg

**Ingédients non médicinaux:** stéarate de magnésium, dioxyde de silicium, cellulose, gélatine.

**Information sur les risques:** Ne pas utiliser si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé avant l'emploi de ce produit si vous souffrez d'une maladie rénale et/ou de diabète.

Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites ou colorants, arômes ou agents de conservation artificiels.

**RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.**



**Nature's Harmony**

**Chromium Picolinate**  
(500 mcg of Chromium)


**Provides Support for Healthy Glucose Metabolism**


**90 Capsules**  
NPN 80016239

Actual Size  
Grandeur réelle

**DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.**

[www.naturesharmony.com](http://www.naturesharmony.com)  
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 **A Proud Canadian Company**  
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