

MAJOR MINERALS

Chromium

Chromium is an essential trace mineral that plays several important roles in the body, although it is required in very small amounts. Its primary function is related to the metabolism of carbohydrates and regulation of blood sugar levels. It's important to note that while chromium is essential for health, most people can obtain an adequate amount of chromium through a balanced diet.

Chromium(III): This is the form of chromium that is essential for the human body. It is required in trace amounts as an essential mineral for certain metabolic functions, particularly in regulating blood sugar and carbohydrate metabolism. Dietary sources of chromium include whole grains, nuts, broccoli, green beans, and some meats and poultry.

Some benefits include:

Glucose Metabolism

Chromium is involved in enhancing the action of insulin, a hormone that regulates blood sugar levels.

Weight Management

Some research suggests that chromium supplements may help with weight loss and their body composition.

Lipid Metabolism

Chromium may influence lipid (fat) metabolism. It can help lower levels of unhealthy LDL cholesterol.

Brain Health

There is ongoing research into the potential role of chromium in brain health and cognitive function.

RDA

Adults - 25-35 mcg per day

