

# CHROMIUM BESTABLE

essential biomineral

4 ounce

*HB*Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Chromium and RO Water Twice Purified

## suggested use

Shake well before using. Sublingual (under the tongue) or add to a small amount of water. Hold in mouth 60 seconds before swallowing.

- Adults: 4ml (1 full dropper)
- Child 50-75lbs: 2ml (1/2 dropper)
- Child 30-50lbs: 1.3ml (1/3 dropper)

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Required in trace amounts by our bodies, Chromium is known to enhance the action of insulin, a hormone critical to the metabolism and storage of carbohydrates, fats, and proteins in the body.

Chromium's role in regulating blood sugar, heart health, weight management, and brain health has been well researched. It plays a role in the insulin-signaling pathways that allow our bodies to control the amount of sugar we take in, thereby helping to balance blood glucose levels and giving us stable energy.

Chromium is naturally present in many foods including brewer's yeast, many meats, some vegetables, and whole grains. However, most foods provide only small amounts of Chromium and a dietary intake cannot be reliably determined because the content in foods is substantially affected by agricultural and manufacturing processes.

Chromium deficiency impairs the body's ability to use glucose to meet its energy needs and raises insulin requirements. It has therefore been suggested that Chromium supplements might help to control Type 2 Diabetes or the glucose and insulin responses in persons at high risk of developing the disease. However, the overall value of Chromium supplements for diabetes is inconclusive at this time.

Chromium has been associated with a reduction in the risk for obesity, less weight gain, and it may positively affect food intake. Studies have found that higher Chromium intake is associated with a reduction in adipose tissue (fat accumulation on the body) and better controlled eating.

One study done by the Biomedical Research Center at the Louisiana State University found that Chromium supplementation effectively helped modulate food intake in healthy, overweight, adult women who reported craving carbohydrates. After comparing the effects of Chromium versus placebo in 42 overweight women over an eight-week period, the group taking 1,000 milligrams of Chromium daily experienced reduced food intake, reduced hunger levels, fewer fat cravings, and a slight decrease in body weight.