

Does Chromium Picolinate Help with Blood Sugar Control?

Chromium picolinate, broken down, is chromium that is bonded to an amino acid. The chromium portion of the compound is not well absorbed by the body. Therefore, the amino acid picolinate is added to aid in absorption.

Studies have shown that 90 percent of the adult population in the United States has a chromium deficiency in their diet. The best source of chromium is true brewer's yeast, but it is found in grains and cereals in smaller amounts. Refined forms of these foods are likely to be lacking in sufficient chromium levels. Strenuous physical activity requires a larger intake of chromium in the diet.

Chromium picolinate, a chromium supplement, has profound effects on the body's overall nutrition and health. It has increased in popularity in recent years because it helps to reduce body fat and increase lean body mass. Research has proven that it can aid in treating:

- * High blood sugar
- * High blood fat
- * Obesity
- * Food cravings
- * Osteoporosis
- * Lack of energy
- * Trouble controlling weight
- * Low metabolism

In the late 1950s, chromium picolinate was discovered to be essential for proper blood sugar control. It is a key part of desensitizing the body to insulin. Without chromium, blood sugar levels are elevated because insulin is blocked from doing its job. Chromium is one of the essential trace minerals. Its most important function is to work with insulin, which is a hormone. Insulin is responsible for the body's ability to break down carbohydrates, proteins and fats naturally. Your metabolism affects every cell in your body. All bodily functions are dependent on the proper use and breakdown of these chemicals.

A deficiency of chromium in your diet will lead to an impairment of insulin activity. This insulin resistance allows more glucose to remain in your body, resulting in weight gain and loss of energy.

Insulin is the most important hormone involved in metabolism. Everyone's body requires proper insulin function to be healthy. Insulin is secreted whenever you eat. It then binds to cells to activate sugar absorption from your bloodstream. The body's sugar (glucose) is its strongest energy source. The cells use it to fuel the body's essential functions like metabolism and building muscles.

Because of these needs, chromium picolinate can be used as a supplement to promote weight loss and treat high cholesterol and diabetes. It is an essential supplement for healthy metabolism, especially in older people. People who lack enough chromium picolinate in their diets usually have trouble keeping weight off and feel run down regularly.

Chromium Picolinate and Weight Loss:

Chromium picolinate is not a viable quick fix for permanent weight loss. It is, however, a valuable addition to a healthy and well-designed weight loss program. People who are overweight are generally insulin resistant. For this reason, additional chromium supplementation aids in healthier metabolism and more productive use of insulin. The result is increased weight loss when used in conjunction with proper exercise and a well-balanced diet.

Dietary Interactions and Safety:

Chromium picolinate has been shown in studies to be safe for use with most medications. However, as with any dietary supplement, it is important to discuss your use of this supplement with your physician before planning any dietary changes.

Chromium picolinate was safe in studies in which it was used in amounts exceeding 500 times the recommended daily dosage. The production of this dietary supplement is under the highest quality and safety conditions available. No side effects have been reported since chromium picolinate has been available on the market.

Most daily multiple vitamins contain the recommended daily allowance of chromium picolinate. However, since it is so difficult for the body to absorb

effectively, most people need more supplementation than is generally recommended.

About the Author

More information on [chromium picolinate](#) for blood sugar is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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