

Chromium Picolinate (Item #2023)

For Healthy Pancreas Function and Overall Fat Metabolism

Why Take Chromium Picolinate?

Chromium is essential for a healthy metabolism, especially as you get older. If you aren't getting enough chromium, you may feel run down or have trouble keeping weight off. Diabetes in the US population is growing at an alarming rate, especially insulin resistant diabetes referred to as Type 2. A long-term deficiency of chromium will result in pancreatic malfunctions leading to the first stages of pancreatic disease.

When cells resist the absorption of blood sugars via insulin delivery, they are also less able to absorb nutrients and oxygen. By supplying the cells with balanced nutrition and taking some supplements like chromium and food enzymes you increase your chances considerably of maintaining healthy pancreatic function.

Taking chromium picolinate daily can result in significant health benefits, like:

- Increased energy
- Improved weight control
- Better carbohydrate metabolism
- Proper insulin function

Dosage: Take 1 capsule daily or as directed by a qualified health professional.

Ingredients Explained

Chromium Picolinate - Chromium is an essential trace mineral. Its main function is to work with insulin as a hormone to metabolize carbohydrates, fats and proteins. Like many Americans, you might not know how important chromium is to your overall health. Since virtually all bodily functions are dependent on carbohydrates, fats and proteins, insulin and its co-factor, chromium, affect most cells in your body.

Chromium is needed for proper insulin function. If you are not getting enough chromium, the insulin your body produces is not as effective. Impaired insulin activity is referred to as "insulin resistance". If your body becomes insulin resistant, more glucose remains in your blood stream and is more likely to be stored as fat, rather than moving into your cells to be burned for energy.

The insulin connection - What's the connection between insulin and chromium? Scientists often refer to insulin as the "master metabolic hormone". When most people hear the word insulin, they immediately think of diabetes. What you may not know is that proper insulin function is essential to everyone's good health. Your body secretes insulin as soon as you eat. Insulin then binds to cells and activates them to absorb glucose, a form of sugar, out of your bloodstream and into your cells. Glucose is the body's most important energy source. Your cells use it as fuel to power many essential functions, like metabolism and muscle building.

Why Picolinate? - All essential minerals need to be supplied either through the foods we eat or through supplementation. Unfortunately, chromium is an essential mineral that is very poorly absorbed by the body. Researchers found that when chromium is bound to picolinic acid, the absorption is significantly improved. Picolinic acid is a natural metabolite found in breast milk, believed to help babies better absorb the minerals found in mother's milk. The addition of picolinic acid to a chromium molecule results in a complex called chromium picolinate.

Ordering Information

Chromium Picolinate (*Item #2023*) 100 Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.