

Chromium, Fat Loss & Weight Control

(chromium used to reduce appetite and build muscle)

You may have heard that chromium is needed by the body. This is true, chromium is an essential trace mineral that aids in the action of insulin. Since insulin is one of the most important hormones involved in energy metabolism, it was thought that chromium supplementation could help with fat loss. Although chromium has mainly been studied for improving blood sugar control in people with diabetes, recent evidence suggests that chromium may also help reduce body fat, probably through its effects on insulin.

Has it been proven? Studies Shows Chromium Helps Weight Loss

One Austrian study found that a group of moderately overweight volunteers who took chromium in supplement form lost almost twice as much weight as those on a placebo.

A 3-month double-blind study of 122 moderately overweight people found that 400 mcg of chromium daily resulted in an average loss of 6.2 pounds of body fat, as opposed to 3.4 pounds in the placebo group. There was no loss of lean body mass. These results suggest that chromium can help you lose fat without losing muscle.

Another study showed that people who took chromium over a ten-week period lost an average of 1.9kg (4.2lb) of fat while those who took a dummy tablet lost only 0.2kg (0.4lb).

Other opinions are that it doesn't help. Well we always have controversy from both sides. My theory is try it out and see what happens. In my own WEIGHT LOSS Program I take 2 N/S GTF Chromium after my work out. This I believe is when the blood is pumping and flowing at its best and the Chromium can best be utilized. *This is my opinion and observation only.*

How does it work?

Chromium's main function is to help insulin carry sugar into muscle cells where it is stored as energy. A lack of chromium could cause fluctuating blood-sugar levels triggering sugar cravings.

Chromium never suppresses your diet to reduce the weight however it may assist with appetite control and remember it improves efficiency of insulin which consumes sugar from the body to produce energy. Insulin plays a major role in weight loss depending on the areas of your excessive weight. If your maximum weight is constructed in the middle area of your body like belly then you will be strongly benefited in reduction of weight by production of insulin. Remember it actually consumes sugar molecules as fuels to produce energy in our body. Chromium also helps keep blood sugar level throughout the day, which reduces hunger and may increase muscle mass.

Chromium is an essential micronutrient that is found naturally in whole grains, carrots, potatoes, broccoli and molasses, spices (black pepper, thyme), mushrooms, and Brewer's yeast is also a good source of chromium.

Below I have listed the fact sheet from Nature's Sunshine on the GTF Chromium. Let me know if you have incorporated it into your daily regime and what results you have noted. Blessings and Healthy
2010 Kathy Deane DNM RHT RNT

Nature's Sunshine GTF Chromium

DIN 02083760, 90 tablets, Mineral supplement, Stock No. 1802-4

- Works with insulin to metabolize sugar and may help relieve symptoms of hypoglycemia.
- May help prevent some people with mild glucose intolerance from developing diabetes.

Features & Benefits

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Chromium is the stuff that makes the trim on your car glitter, but it's foremost an essential mineral. Scientists know that chromium is part of something called the glucose tolerance factor (GTF), which helps turn carbohydrates into glucose, an important energy source.

Did you know?

The average North American diet is deficient in chromium. Researchers estimate that two out of every three North Americans are hypoglycemic, prehypoglycemic, or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in refined sugar, flour, and junk foods. A deficiency of chromium can lead to anxiety, fatigue, glucose intolerance, and an increased risk of arteriosclerosis.

NSP Advantage

90 tablets. Mineral Supplement.

Ingredients: 500 mcg of chromium (chromium amino acid chelate) in a non-medicinal base of dicalcium phosphate, cellulose, red clover (*Trifolium pretense*) flowers, yarrow (*Achillea millefolium*) flowers, stearic acid and magnesium stearate.

Recommendation: Take one tablet daily with a meal.

CAUTION: Pregnancy & Nursing.

For educational purposes only.