

HEALTHY BLOOD SUGAR



CHROMEASE

As of 2010, approximately 1 in 7 adults have a blood sugar condition and this is projected to increase to 1 in 4 adults by the year 2050. A substantial number of individuals have a blood sugar imbalance referred to as the metabolic syndrome X, which is a precursor to disease and other health problems including musculoskeletal aches and pains.



DOSAGE – Take 3 tablets daily: 1 tablet 1 hour before each meal on an empty stomach, as or directed by your doctor.

DISCUSSION – The key to maintaining proper blood sugar regulation is to maintain appropriate body weight, which is achieved by eating a healthy diet and exercising regularly. Research has demonstrated that excess body fat, or adipose tissue, functions as a secondary endocrine organ. The outcome is that excess body fat produces excessive amounts of inflammatory chemicals that disrupt blood sugar metabolism in skeletal muscle and hunger mechanisms in the brain.

In addition to diet and exercise, two nutrients are especially useful in improving blood sugar regulation, chromium and alpha-lipoic acid. While each is found in natural foods, the amounts are insufficient significantly influence blood sugar. Supplementation is required, and Chromease is a focused formula to provide these high potency levels.

Studies have demonstrated that 750 mcg/day of chromium and 600 mg/day of alpha-lipoic acid are beneficial at improving blood sugar regulation (1-6). The length of time one needs to supplement with Chromease varies from case to case, and is based on meeting goals for fasting blood sugar and hemoglobin A1c.

SIDE-EFFECTS/CONTRADICTIONS – Studies with chromium and lipoic acid have demonstrated that side effects are minimal and can be similar to placebo. Chromease is safe for regular use. However, hypoglycemia is a potential side effect and patients taking blood sugar medications are at greater risk.

1. Vincent JB. Chromium: celebrating 50 years as an essential element? Dalton Trans. 2010;39:3787-94.
2. Anderson RA. Chromium and insulin resistance. Nutr Res Rev. 2003;16:267-75.
3. Anderson RA. Chromium, glucose intolerance and diabetes. J Am Coll Nutr. 1998;17(6):548-55.
4. Cefalu WT, Rood J Patricia Pinsonat P et al. Characterization of the metabolic and physiologic response to chromium supplementation in subjects with type 2 diabetes mellitus. Metab Clin Exper. 2010;59:755-62.
5. Heimbach JT, Anderson RA. Chromium: recent studies regarding nutritional roles and safety. Nutr Today. 2005;40(4):18095.
6. Singh U, Jialal I. Alpha-lipoic acid supplementation and diabetes. Nutr Rev. 2008;66(11):646-57.

CHROMEASE

ITEM #: 3626-0090-01

AnabolicLabs.com



Supplement Facts		
Serving Size 1 Tablet	Servings Per Container 90	
Amount Per Serving	% Daily Value	
Chromium [chromium polynicotinate (ChromeMate®)]	250 mcg	210 %
Alpha Lipoic Acid	200 mg	*

* Daily Value not established.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. [3626-0001-LL]