

## Chromium Ultra

### 100 vegetarian capsules

Item Catalog Number: 01071

Chromium, the metallic element once believed to be toxic, is now generally recognized to play an important role in maintaining healthy blood sugar levels in those within normal levels when used as part of a healthy diet.<sup>38-40</sup> Clinical studies of age-related decreases in chromium levels in 51,665 hair, sweat, and serum samples from 40,872 patients indicate the possible benefits of chromium intake for a healthy cardiovascular system and blood sugar levels.<sup>41</sup> In addition, supplemental chromium has been shown to promote a healthy cardiovascular system.<sup>42-45</sup>

For many years, Life Extension® has included niacin in its chromium supplements. In response to evidence that people may benefit from higher doses of chromium, a formula was developed to provide 500 mcg of chromium along with 60 mg of flush-free niacin in just one capsule.<sup>42,41</sup> To provide full-spectrum benefits, antioxidants and gene-protecting nutrients like curcumin, resveratrol, and green tea have been included.<sup>47,48</sup> A recent study suggested that chromium, together with vitamins C and E, is effective for minimization of oxidative stress and improvement of glucose metabolism for those within normal range.<sup>49</sup>

## References

### Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 100

#### Amount Per Serving

Vitamin C (as ascorbyl palmitate)	21 mg
Vitamin E (as d-alpha tocopheryl succinate)	50 IU
Niacin (vitamin B3) (as flush-free inositol hexanicotinate)	60 mg
Folic Acid	200 mcg
Vitamin B12 (as cyanocobalamin)	50 mcg
Chromium (as ChromeMate® chromium polynicotinate)	500 mcg
Ascorbyl palmitate	50 mg
Turmeric ( <i>Curcuma longa</i> ) root extract [containing 95% (47.5 mg) curcuminoids (curcumin, demethoxycurcumin and bis-demethoxycurcumin)]	50 mg
Green tea extract, decaffeinated ( <i>Camellia sinensis</i> ) (leaf) [standardized to 90% polyphenols (45 mg)]	50 mg
Inositol (as inositol hexanicotinate)	15 mg
Whole red grape ( <i>Vitis vinifera</i> ) (fruit) and <i>Polygonum cuspidatum</i> (root) extract [std. to 35% <i>trans</i> -resveratrol (1 mg)]	2.85 mg

Other ingredients: rice flour, cellulose, magnesium stearate, silicon dioxide.

Contains corn and rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, or gluten. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

ChromeMate® is a registered trademark of InterHealth Nutritionals, Inc. U.S. Patent No. 4,923,855; 4,954,492; 5,194,615.

## Dosage and Use

- Take one to two capsules daily with meals, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## Related Keywords

Insulin, Blood Sugar

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

**LifeExtension**<sup>®</sup>

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.