

NeuroChromium Picolinate
\$12.95

Chromium picolinate is a nutritional supplement used to aid the body in the regulation of insulin, which enhances its ability to efficiently metabolize glucose and fat. There is a strong link between depression, decreased insulin sensitivity and diabetes, and supplementation with chromium picolinate has been shown to effectively modulate carbohydrate craving and appetite which was beneficial to managing both the diabetes and depression (Ref.1). It has been shown to have antidepressant effects in atypical depression due to the enhanced insulin sensitivity and possible effects with serotonin modulation (Ref.2). There is evidence in the literature that chromium supplementation can increase levels of 5-HTP, the precursor to serotonin, in animal models, which may explain the antidepressive effects observed in clinical studies (Ref.3,4).

Chromium picolinate has been shown to have antidepressant effects and is also used as an appetite suppressant and in weight loss.

Recommended Use: Take one to three tablets two times daily or as directed by your healthcare practitioner. Suitable for vegetarians.

Servings per container: 20

Three capsules contain: Chromium (as chromium picolinate) 600mcg

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

References:

1. Docherty JP., et al. (2005) A double-blind, placebo-controlled, exploratory trial of chromium picolinate in atypical depression: effect on carbohydrate craving., *J Psychiatr Pract.*, 5:302-14.
2. Davidson JR., et al. (2003) Effectiveness of chromium in atypical depression: a placebo-controlled trial. *Biol Psychiatry.*, 3:261-4.
3. Franklin M. and Odontiadis J. (2003) Effects of treatment with chromium picolinate on peripheral amino acid availability and brain monoamine function in the rat. *Pharmacopsychiatry*, 5:176-80.
4. Attenburrow MJ., et al. (2002) Chromium treatment decreases the sensitivity of 5-HT_{2A} receptors. *Psychopharmacology (Berl.)*, 4:432-6.

