

# CHROMIUM

helps control blood sugar, curbs carb cravings and fights body fat.

## 铬

有助控制血糖、抑制摄取碳水化合物的欲望、减少体内脂肪。



Just like iron, copper and zinc, chromium is one of the 16 essential minerals the body needs to keep it healthy and fit. Sufficient amounts of chromium ensures the efficiency of the hormone insulin in regulating blood sugar metabolism, fat metabolism, conversion of proteins into muscles and conversion of sugar into energy. Chromium helps to maintain lean muscle mass and optimise energy output, making you feel healthy and energised.

## SEVERE CHROMIUM DEFICIENCY TODAY

Chromium deficiency is almost universal today and usually becomes worse with age. Statistics show that at least one in two of us are deficient in chromium. The problem is worse in those who are on a calorie restrictive diet. The same goes for athletes whose nutritional requirements are greater. Today we are witnessing an epidemic of ailments related to chromium deficiency. The symptoms of chromium deficiency include:

- Atherosclerosis
- Elevated serum cholesterol
- Fatigue
- Pre-diabetes & diabetes
- Mood swings
- Slower growth rate
- Food cravings or sweet cravings

## Causes of Chromium Deficiency:

1. **Depleted soils.** Chromium is low and declining in the soil of most nations. This reduces the amount of chromium in all food.
2. **Food refining.** Refining of wheat flour and rice strips off significant amounts of chromium found in these staple foods.
3. **Digestion and utilisation of carbohydrates, especially sugars, require chromium.** Eating too much carbohydrates or ANY sweet foods further depletes the body's store of chromium.
4. **Stress.** Stress also causes the body to use up more chromium, and can be another cause of chromium deficiency.
5. **Chromium loss in food preparation.** Food processing may also remove up to 80% of the chromium in foods, and less than 2% of dietary chromium can be effectively absorbed by the body. Hence, this means that even by eating well, it is difficult to replenish depleted chromium stores.

Therefore, taking a chromium supplement is essential. There are several types of chromium supplements available, such as chromium chloride, chromium polynicotinate and chromium picolinate. Comparative data results have demonstrated that chromium picolinate is remarkably stable and is better absorbed physiologically. It was also observed that chromium picolinate is the most effective form to facilitate glucose control. Recommended daily doses are in the range of 200 to 600 micrograms.

## NewLife™ Chromium Picolinate (200mcg)

- Ensures efficiency of the hormone insulin in sugar metabolism, thus supporting healthy blood sugar control. Particularly helpful for those with adult-onset (Type 2) diabetes.
- Helps reduce carb and sugar cravings and is considered effective against diabetes.
- Ensures efficient fat metabolism, thus regulating blood cholesterol to prevent high cholesterol and cardiovascular disease.
- Reduces fat mass, increases lean body mass and may help with weight loss. This is especially important for those who are overweight or for athletes who desire better body composition.



就像铁、铜和锌，铬是人体维持健康的16种必需矿物质之一。摄取足量的铬可确保胰岛素的有效性，以能够进行调节血糖代谢、脂肪代谢、将蛋白质转化为肌肉和将糖类转化为能量的过程。铬也可增加肌肉量和充分释放能量，让您充满健康活力。

## 铬缺乏症的严重性

铬缺乏症的问题非常普遍，并且随着年龄的增长，体内的铬元素会逐渐流失而致使情况变得更加糟糕。根据数据显示，每两个人当中就有一人缺乏铬，尤其是正在限制卡路里摄取的减肥人士，也有可能严重缺乏铬。同样的，比平常人需要更大量营养物质的运动员也会面临这种状况。今天，我们也见证了多种与铬缺乏症有关的疾病。铬缺乏症的症状包括：

- 动脉粥样硬化
- 血清胆固醇升高
- 疲劳
- 糖尿病前期与糖尿病
- 情绪起伏
- 生长发育缓慢
- 渴望摄取食物，尤其是甜食

## 导致铬缺乏的因素：

1. **土壤贫瘠。**大多数国家的土壤中没有足够的铬，甚至有逐步减少的现象。这将导致所有食物所包含的铬也大大减少。
2. **精制食品。**主粮如麦和稻米在加工成为精制的白面粉与白米后，其铬含量已剩无几。
3. **碳水化合物的消化和吸收，尤其是白糖，都需要铬的参与。**因此，摄取过多的碳水化合物或任何甜食将会进一步消耗身体所储存的铬。
4. **压力。**压力也会导致铬的流失，而导致出现铬缺乏的现象。
5. **制备食物的过程中将会流失铬。**食材中高达80%的铬会在烹煮过程中被破坏，造成身体也许只能有效吸收少于2%的膳食铬。因此，即使遵循均衡的饮食，也难补充身体对铬的所需量。

因此，摄取铬补充剂是非常重要的。市面上拥有多种类型的铬补充剂，如氯化铬、聚合烟酸铬及吡啶甲酸铬。新生命有机铬属于吡啶甲酸铬。根据比较数据资料显示，吡啶甲酸铬性质非常稳定和更容易被人体吸收。此外，吡啶甲酸铬也是当中在促进血糖控制能力方面属最有效的。铬的每日建议摄取量为200至600微克。

## 新生命有机铬（200微克）

- 可增强胰岛素，协助糖类的有效代谢、稳定身体血糖水平，这对成人糖尿病（2型糖尿病）患者有助。
- 有助减少摄取碳水化合物和糖类的欲望，有效对抗糖尿病的问题。
- 确保有效的脂肪代谢，调节血液胆固醇以预防高胆固醇和心血管疾病。
- 可减少体脂肪、增加肌肉量 and 达到减肥效果。这对那些体重超重者或渴望改善身体成分的运动员来说尤其重要。