

## CHROMIUM PICOLINATE



Chromium is one of the 16 essential minerals the body needs to keep it healthy and fit. Sufficient amount of chromium ensures the efficiency of the hormone insulin in regulating blood sugar metabolism, fat metabolism, and the conversion of proteins into muscles, and sugar into energy. Chromium helps to maintain lean muscle mass and optimise energy output, while helping to control blood sugar levels, which in turn prevents diabetes.

| **BENEFITS**

- Keeps blood glucose levels balanced
- Helps to prevent adult-onset diabetes and hypoglycemia by improving glucose tolerance and cell sensitivity to insulin
- Decreases sugar cravings and aids in weight management
- Prevents high cholesterol and cardiovascular disease
- Enhances energy and increases endurance in athletes

| **KEY FEATURES**

NewLife™ Nature's Gift Chromium Picolinate is a chelated complex of chromium that consists of Biologically Active Chromium (BAC), an organic form which is absorbed significantly better than ordinary dietary chromium.