

An Trivalent Chromium Nutrition and Biochemistry

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Letter

Chromium is an essential trace element for human health. It is involved in the regulation of insulin and glucose metabolism. Chromium deficiency can lead to insulin resistance and diabetes mellitus. Chromium supplementation has been shown to improve insulin sensitivity and glucose tolerance in both healthy individuals and those with insulin resistance. Chromium is found in a variety of foods, including whole grains, fruits, and vegetables. The most common form of chromium in the diet is trivalent chromium (Cr³⁺). Chromium picolinate is a common form of chromium supplement. Chromium deficiency is rare in humans, but it can occur in individuals with severe malnutrition or those who have had bariatric surgery. Chromium supplementation is safe and effective for improving insulin sensitivity and glucose metabolism. However, high doses of chromium supplements can be toxic. Therefore, it is important to use chromium supplements judiciously and under the supervision of a healthcare professional.

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