

Bio-Chromium™

Organic Chromium Yeast



Improving Insulin Resistance in PCOS women



Contains ChromoPrecise® , a patented organic chromium yeast

- Enhances the effect of insulin¹
- Reduces cravings for sugar & carbohydrates²
- EU-approved organic chromium yeast for blood sugar control³
- Documented by EFSA to be up to 10x more bioavailable than other chromium sources³

References: 1. Vincent JB (2000). Elucidating a biological role for chromium at a molecular level. *Acc Chem Res.*, 33(7):503-10. 2. Anton SD, et al (2008). Effects of chromium picolinate on food intake and satiety. *Diabetes Technol Ther.*, 10(5):405-12. 3. EFSA Journal 2012, 10(11):2951 4. Ashoush S, et al (2016). Chromium picolinate reduces insulin resistance in polycystic ovary syndrome: Randomised controlled trial. *J Obstet Gynaecol Res.*, 42(3):279-85. 5. Jamilian M and Asemi Z. (2015). Chromium Supplementation and the Effects on Metabolic Status in Women with Polycystic Ovary Syndrome: A Randomized, Double-Blind, Placebo-Controlled Trial. *Ann Nutr Metab.*, 67 (1): 42-48.

Chromium supplementation improves:

- ✓ **Insulin resistance**^{4, 5}
- ✓ **Lipid profile**⁵
- ✓ **Body mass index**⁴
- ✓ **Ovulation & menstrual cycle**⁴ in PCOS patients



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