One of the most established ingredients in the blood glucose control sector is chromium via its effects on insulin, with the picolinate form the most prevalent. A 2014 review in the *Journal of Clinical Pharmacy and Therapeutics* (Vol. 39, pp. 292–306) concluded: “The available evidence suggests favourable effects of chromium supplementation on glycaemic control in patients with diabetes. Chromium monosupplement may additionally improve triglycerides and HDL-C levels. “Chromium supplementation at usual doses does not increase the risk of adverse events compared with placebo.”

Jim Kahn, executive director of sales for Nutrition 21, which supplies Chromax-branded ingredient, told us: “There is a vast body of evidence supporting the role of Chromax chromium picolinate in healthy glucose metabolism and in maintaining healthy blood glucose levels.

“Additionally, a number of studies have contributed to the understanding of Chromax chromium picolinate’s role in brain neurotransmission and have uncovered key insights into the beneficial role Chromax chromium picolinate supplementation plays in the metabolic and biochemical pathways of the brain.

“Proper cognitive function, such as memory, perception and cognition, require consistent healthy glucose metabolism in the brain. As a result, compromised metabolism of glucose can lead to a breakdown in cognitive function and have a harmful effect on overall brain health by significantly reducing brain glucose transporters,” said Kahn.

A clinical study by Robert Krikorian, PhD at the University of Cincinnati Academic Health Center found that Chromax chromium picolinate supplementation supported the improvement of age-related memory decline. “This conclusion suggests that metabolic disturbances can be corrected with dietary modification and dietary supplementation,” said Kahn, *(Nutritional Neuroscience*, Vol. 13, No. 3, pp. 116-122)