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2. Chromium picolinate

Chromium picolinate

Generic name: chromium picolinate [*KROME-ee-um-pi-KOE-li-nate*]

Brand names: CRM, Serenol, Cr-GTF, Chromium GTF, Chromium Picolinate with Calcium

Dosage forms: oral capsule (200 mcg), oral tablet (200 mcg; 500 mcg; 800 mcg)

Drug class: [Minerals and electrolytes](#)



[Medically reviewed](#) by Drugs.com on Aug 16, 2023. Written by [Cerner Multum](#).

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What is chromium picolinate?

Chromium is a mineral found in certain foods. The body needs only trace amounts of chromium, and deficiency of this mineral in humans is rare.

Chromium picolinate works together with [insulin](#) produced by the pancreas to metabolize carbohydrates.

Chromium picolinate has been used in alternative medicine to treat chromium deficiency, as an aid to controlling blood sugar in people with [diabetes](#) or prediabetes, to lower cholesterol, and as a weight-loss supplement.

Chromium picolinate should not be used in place of medication prescribed for you by your doctor.

Chromium picolinate is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Chromium picolinate may also be used for purposes not listed in this product guide.

Chromium picolinate side effects

Get emergency medical help if you have **signs of an allergic reaction:** hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Chromium picolinate may cause serious side effects. Stop using chromium picolinate and call your doctor at once if you have:

- thinking problems, trouble concentrating;
- problems with balance or coordination; or
- **liver problems**--[nausea](#), upper stomach pain, [itching](#), tired feeling, loss of appetite, dark urine, clay-colored stools, [jaundice](#) (yellowing of the skin or eyes).

Common side effects of chromium picolinate may include:

- [headache](#);
- sleep problems ([insomnia](#)); or
- mood changes, feeling irritable.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Chromium picolinate side effects](#) (more detail)

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

Before using chromium picolinate, talk to your healthcare provider. You may not be able to use chromium picolinate if you have certain medical conditions.

- [liver disease](#);
- kidney disease;
- diabetes (especially if you use insulin);
- an [allergy](#) to leather products;
- mental illness;
- a thyroid disorder; or
- if you use steroid medicine ([fluticasone](#), [beclomethasone](#), [prednisone](#), and others).

It is not known whether chromium picolinate will harm an unborn baby. **Do not use this product without medical advice if you are pregnant.**

Chromium picolinate may pass into breast milk and may harm a nursing baby. **Do not use this product without medical advice if you are breast-feeding a baby.**

Do not give any herbal/health supplement to a child without medical advice.

How should I take chromium picolinate?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use chromium picolinate, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Check your blood sugar carefully if you are diabetic.

The recommended dietary allowance of chromium picolinate increases with age. Follow your healthcare provider's instructions. You may also consult the National Academy of Sciences "Dietary Reference Intake" or the U.S. Department of Agriculture's "Dietary Reference Intake" (formerly "Recommended Daily Allowances" or RDA) listings for more information.

Chromium picolinate may be only part of a treatment program that may also include diet, exercise, and weight control. Follow your diet, medication, and exercise routines very carefully.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. **Do not** take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include [vomiting](#), [diarrhea](#), blood in your urine or stools, or coughing up blood.

What should I avoid while taking chromium picolinate?

Avoid a diet that is high in sugar. It may interfere with the effectiveness of chromium picolinate.

Ask your doctor before using an antacid, and use only the type your doctor recommends. Some [antacids](#) can make it harder for your body to absorb chromium picolinate.

What other drugs will affect chromium picolinate?

Other drugs may interact with chromium picolinate, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

 [Chromium picolinate drug interactions](#) (more detail)

Does chromium picolinate interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Patient resources

Other brands

[Cr-GTF](#), [CRM](#)

Professional resources

- [Chromium product monographs](#)

Related treatment guides

- [Type 2 Diabetes](#)
- [Vitamin/Mineral Supplementation and Deficiency](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

Availability

OTC Over the counter

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

8.2 / 10

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