



Chromium

Fact Sheet for Consumers

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What is c

Chromium is a mineral that your body needs to help you use carbohydrates, protein, and fat for energy.

There are two types of chromium. One type of chromium (chromium) is a mineral found in many foods.

How much

Scientists do not know if it is safe to take chromium supplements. Chromium deficiency has not been reported in healthy people. However, in 2001 scientists did consider chromium to be an essential nutrient, and they set recommended amounts based on the evidence available at that time. Here are the average daily recommended amounts in micrograms (mcg) that were established in 2001:

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Life Stage	Recommended Amount
Birth to 6 months	0.2 mcg
Infants 7–12 months	5.5 mcg
Children 1–3 years	11 mcg
Children 4–8 years	15 mcg

Life Stage	Recommended Amount
Boys 9–13 years	25 mcg
Girls 9–13 years	21 mcg
Teen boys 14–18 years	35 mcg
Teen girls 14–18 years	24 mcg
Adult men 19–50 years	35 mcg
Adult women 19–50 years	25 mcg
Adult men 51+ years	30 mcg
Adult women 51+ years	20 mcg
Pregnant teens	29 mcg
Pregnant women	30 mcg
Breastfeeding teens	44 mcg

Breastfeeding

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What foods contain chromium?

Many foods contain chromium. Chromium is found in meat, whole grains, vegetables, and fruits. Foods that contain chromium are often the ones in which they were grown. For example,铬 is found in stainless steel cookware. Chromium is also found in the chromium content of food.

You can get recommended amounts of chromium from many foods, including the following:

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ty of foods,

- Meats, such as ham, beef, and turkey
- Bread and other grain products
- Vegetables, such as lettuce and green beans
- Fruit, such as apples and bananas
- Juices, such as grape, orange, and tomato juices
- Brewer's yeast and nuts

What kinds of chromium dietary supplements are available?

Chromium is available in many dietary supplements, such as multivitamin/mineral supplements and supplements that contain only chromium. Chromium in dietary supplements is in many forms, including chromium picolinate and chromium chloride. Your body absorbs chromium similarly from the different forms used in supplements.

What are some effects of chromium supplements on health?

Scientists are studying chromium supplements to understand whether they affect health. Here are some examples of what this research has shown.

High blood sugar levels and diabetes

Chromium supplements may help people with type 2 diabetes. Studies of chromium on the American Diabetes Association website for people with diabetes show mixed results. More research is needed to determine if chromium improves blood sugar control.

Metabolic syndrome

Metabolic syndrome is a cluster of risk factors in the blood, including high triglycerides, low HDL cholesterol—referred to as “bad” cholesterol—and high blood pressure. These studies have studied the effects of chromium on people with metabolic syndrome.



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Polycystic ovary syndrome

Polycystic ovary syndrome (PCOS) is a hormonal disorder that affects females of reproductive age. Symptoms include irregular periods, infertility, excess hair on the face or body, acne, and weight gain. PCOS raises the risk of diabetes and heart disease. Studies examining the effects of chromium supplements on PCOS have had mixed results. Any potential benefits appear to be very small. More research is needed to understand whether taking chromium might help lower the risk of PCOS or improve symptoms.

High cholesterol levels

High levels of LDL (bad) cholesterol can raise your risk of [heart attack](#) and stroke. Studies have examined whether chromium supplements improve cholesterol levels. The results of these studies have been mixed. More research is needed to understand whether chromium supplements have any effect on cholesterol levels.

Weight and lean body mass

Some chromium supplements are marketed for weight loss and to reduce body fat and increase muscle mass. However, clinical trials have found only a very small benefit. This benefit is unlikely to make any difference in health or appearance.

Can chromium help with diabetes?

Chromium from dietary sources is not harmful, but research has shown that it may be cautious about taking chromium dietary sup-



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cause any disease should

Does chromium help with other diets?

Yes. Chromium may help people who take certain types of diet medicines that you

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- Insulin. Taking chromium dietary supplements together with insulin might cause low blood sugar levels.
- Metformin and other antidiabetes medications. If you take antidiabetes medicine, taking chromium dietary supplements might cause low blood sugar levels.
- Levothyroxine. Levothyroxine is a medication used to [treat hypothyroidism](#) (a condition in which the [thyroid gland](#) does not make enough thyroid hormone). Taking chromium dietary supplements together with levothyroxine might reduce the amount of levothyroxine your body absorbs so you might not be getting the full effect of the medication.

Tell your doctor, [pharmacist](#), and other health care providers about any dietary supplements and [prescription](#) or over-the-counter medicines you take. They can

tell you if these dietary supplements might interact with your medicines. They can also explain whether the medicines you take might interfere with how your body absorbs or uses chromium or other nutrients.

Healthful eating

People should get most of their nutrients from food and beverages, according to the federal government's [Dietary Guidelines for Americans](#). Foods contain vitamins, minerals, dietary fiber, and other components that benefit health. In some cases, fortified foods and dietary supplements are useful when it is not possible to meet needs for one or more nutrients (for example, during specific life stages such as pregnancy). For more information about building a healthy dietary pattern, see the [Dietary Guidelines for Americans](https://www.dietaryguidelines.gov) (<https://www.dietaryguidelines.gov>) and the U.S. Department of Agriculture's MyPlate. (<https://www.myplate.gov>)

Where can I go for more information?

- For more information about dietary supplements:
 - [Office of Dietary Supplements](#)
 - [Chromium](#)
- For more information about MyPlate:
 - [ODS](#)
 - [supplements](#)
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