

# VANA-CHROM

**Ingredients:** Vanadyl Sulfate 3mg, Chromium (Picolinate) 200mcg, Vitamin B-1 10mg, Vitamin B-2 5mg, Vitamin B-6 5mg, Vitamin B-12 10mcg, Folic Acid 200mcg, Biotin 500mcg, Pantothenic Acid (D-Calcium Pantothenate) 20mg, Niacinamide 20mg, Niacin 6mg, Magnesium Aspartate 100mg, Calcium Ascorbate 100mg, Manganese Aspartate 4mg, Zinc (Picolinate) 1mg, Selenium (Chelate) 30mcg

**Supportive Function:** A scientifically advanced formula takes advantage of a long list of nutrients that are reported to support normal glucose regulation. Those with concerns about high blood sugar often choose Vana-Chrom.

**When is blood sugar support helpful?** High blood sugar, blood sugar imbalances

**Clinical Applications/Research: Chromium Picolinate:** Chromium is known for its effects on blood sugar control mechanisms (Mertz, W. Chromium in human nutrition: a review. J Nutr 1993; 123:626-633). It most likely exerts these effects because of its important role in making up the GTF (glucose tolerance factor) of the body.

**Vanadyl Sulfate:** The functions of vanadium are still being researched. It appears that vanadium is very important for its role in glucose metabolism (mimics insulin), and its role in lipid metabolism. Recent research indicates that vanadium was able to partially preserve pancreatic beta-cells in rats, and that this preservation was, “both critical and sufficient for a long-term reversal of the diabetic state” (Cam MC et al. Partial preservation of pancreatic beta-cells by vanadium: evidence for long-term amelioration of diabetes (Metabolism 1997; 46:769-778).

**The B Vitamins** are involved in all aspects of glucose (blood sugar) metabolism. Vitamin B-1 has a Co-enzyme form as thiamine pyrophosphate (TPP). Vitamin B-2 is the component of two major energy enzymes - flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD), and vitamin B-3 functions in over fifty metabolic reactions. Vitamin B-6 is also important in glucose metabolism. Vitamin B-12 is an integral vitamin for the metabolism of carbohydrate, protein and fat. Proper DNA replication is dependent on the function of Co-enzyme B-12. Biotin is involved in reactions specific for release of energy from carbohydrates.

**Zinc** is important in normal insulin function - synthesis, secretion, and utilization (Free Rad in Res and Comm 1991; 14:289-96). Zinc deficiency is suspected as having a possible role in the development of diabetes (AJCN 1987; 45:877-895). Zinc supplements have helped in the healing of resistant leg ulcers in diabetics (Diabetes. A dietary approach. 1992; 3:1-2).

**Calcium** plays a major part in energy production. It activates an enzyme, which triggers the breakdown of glycogen for energy production.

**Magnesium** is a cofactor for the reactions that metabolize carbohydrate in the Krebs' cycle, and is also needed for ATP (energy production). All reactions using vitamin B-1 are dependent on magnesium.

**Manganese** is a cofactor for many carbohydrate metabolism enzymes.

**Testimonials/Nutrient Tidbits:** Many doctors report...awesome formula for blood sugar concerns!

**Another doctor reports...** I was having problems with high blood sugar concerns. I started on Vana-Chrom and within a month my blood sugar levels were back to normal!

**Suggested Dosage:** 1 tablet 3 times daily or as directed

**Size:** 60 tablets

**Vegetarian:** Yes

**Contraindications:** Do not use in cases of extremely low blood sugar.