

### Citations

1. Lukaski HC. Chromium as a supplement. *Annu Rev Nutr* 1999;19:279-302.
2. Anderson RA, Polansky MM, Bryden NA. Stability and absorption of chromium and absorption of chromium histidinate complexes by humans. *Biol Trace Elem Res* 2004;101:211-218.
3. Panel on Dietary Antioxidants and Related Compounds, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. Washington, DC: National Academy Press; 2001:65-126.
4. Bahijri SM, Mufti AM. Beneficial effects of chromium in people with type 2 diabetes, and urinary chromium response to glucose load as a possible indicator of status. *Biol Trace Elem Res* 2002;85:97-109.
5. Hathcock JN. Vitamins and minerals: efficacy and safety. *Am J Clin Nutr* 1997;66:427-437.
6. Anderson RA, Cheng N, Bryden NA et al. Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type 2 diabetes. *Diabetes* 1997;46:1786-1791.
7. Cefalu WT, Hu FB. Role of chromium in human health and in diabetes. *Diabetes Care* 2004;27:2741-2751.
8. Wasser WG, Feldman NS, D'Agati VD. Chronic renal failure after ingestion of over-the-counter chromium picolinate. *Ann Intern Med* 1997;126:410.
9. Cerulli J, Grabe DW, Gauthier I et al. Chromium picolinate toxicity. *Ann Pharmacother* 1998;32:428-431.
10. Martin WR, Fuller RE. Suspected chromium picolinate-induced rhabdomyolysis. *Pharmacotherapy* 1998;18:860-862.
11. Young PC, Turiansky GW, Bonner MW, Benson PM. Acute generalized exanthematous pustulosis induced by chromium picolinate. *J Am Acad Dermatol* 1999;41:820-823.
12. Shannon M. Alternative medicines toxicology: a review of selected agents. *J Toxicol Clin Toxicol* 1999;37:709-713.
13. Kato I, Vogelman JH, Dilman V et al. Effect of supplementation with chromium picolinate on antibody titers to 5-hydroxymethyl uracil. *Eur J Epidemiol* 1998;14:621-626.
14. Anderson RA. Chromium, glucose intolerance and diabetes. *J Am Coll Nutr* 1998;17:548-555.
15. Mohamedshah FY, Moser-Veillon PB, Yamini S et al. Distribution of a stable isotope of chromium (<sup>53</sup>Cr) in serum, urine, and breast milk in lactating women. *Am J Clin Nutr* 1998;67:1250-1255.
16. Reading SA. Chromium picolinate. *J Fla Med Assoc* 1996;83:29-31.
17. Attenburrow MJ, Odontiadis J, Murray BJ et al. Chromium treatment decreases the sensitivity of 5-HT<sub>2A</sub> receptors. *Psychopharmacology (Berl)* 2002;159:432-436.
18. Roeback JR Jr, Hla KM, Chambless LE, Fletcher RH. Effects of chromium supplementation on serum high-density lipoprotein cholesterol levels in men taking beta-blockers: a randomized, controlled trial. *Ann Intern Med* 1991;115:917-924.
19. Ravina A, Slezak L, Mirsky N et al. Reversal of corticosteroid-induced diabetes mellitus with supplemental chromium. *Diabet Med* 1999;16:164-167.
20. Mertz W. Interaction of chromium with insulin: a progress report. *Nutr Rev* 1998;56:174-177.
21. Porter DJ, Raymond LW, Anastasio GD. Chromium: friend or foe? *Arch Fam Med* 1999;8:386-390.
22. Cefalu WT, Wang ZQ, Zhang XH et al. Oral chromium picolinate improves carbohydrate and lipid metabolism and enhances skeletal muscle Glut-4 translocation in obese, hyperinsulinemic (JCR-LA corpulent) rats. *J Nutr* 2002;132:1107-1114.
23. Vincent JB. Elucidating a biological role for chromium at a molecular level. *Acc Chem Res* 2000;33:503-510.
24. Vincent JB. Recent advances in the nutritional biochemistry of trivalent chromium. *Proc Nutr Soc* 2004;63:41-47.
25. Cefalu WT, Martin JM, Wachtel D et al. Chromium picolinate supplementation increases insulin-stimulated Akt phosphorylation in vivo in skeletal muscle from subjects with type 2 diabetes. *Diabetologia* 2003;46:Suppl 2:154A.
26. McCarty MF. Complementary measures for promoting insulin sensitivity in skeletal muscle. *Med Hypotheses* 1998;51:451-464.
27. Riales R, Albrink MJ. Effect of chromium chloride supplementation on glucose tolerance and serum lipids including high-density lipoprotein of adult men. *Am J Clin Nutr* 1981;34:2670-2678.
28. Anderson RA. Recent advances in the clinical and biochemical effects of chromium deficiency. *Prog Clin Biol Res* 1993;380:221-234.
29. Anderson RA. Chromium, glucose tolerance, and diabetes. *Biol Trace Elem Res* 1992;32:19-24.
30. Wang MM, Fox EA, Stoecker BJ et al. Serum cholesterol of adults supplemented with brewer's yeast or chromium chloride. *Nutr Res* 1989;9:989-998.
31. Davies S, McLaren Howard J, Hunnisett A, Howard M. Age-related decreases in chromium levels in 51,665 hair, sweat, and serum samples from 40,872 patients—implications for the prevention of cardiovascular disease and type II diabetes mellitus. *Metabolism* 1997;46:469-473.

## Citations and Reference Literature: Chromium

32. Lindow LA. Trivalent chromium and the diabetes prevention program. *Med Hypotheses* 1997;49:47-49.
33. Bahijri SM, Mira SA, Mufti AM, Ajabnoor MA. The effects of inorganic chromium and brewer's yeast supplementation on glucose tolerance, serum lipids and drug dosage in individuals with type 2 diabetes. *Saudi Med J* 2000;21:831-837.
34. Rajpathak S, Rimm EB, Li T et al. Lower toenail chromium in men with diabetes and cardiovascular disease compared with healthy men. *Diabetes Care* 2004;27:2211-2216.
35. Evans GW, Meyer LK. Life span is increased in rats supplemented with a chromium-pyridine-2-carboxylate complex. *Adv Sci Res* 1994;1:19-23.
36. Mossop RT. Effects of chromium III on fasting blood glucose, cholesterol and cholesterol HDL levels in diabetics. *Cent Afr J Med* 1983;29:80-82.
37. Glinsmann WH, Mertz W. Effect of trivalent chromium on glucose tolerance. *Metabolism* 1966;15:510-520.
38. Martinez OB, McDonald AC, Gibson RS, Bourn D. Dietary chromium and effect of chromium supplementation on glucose tolerance of elderly Canadian women. *Nutr Res* 1985;5:609-620.
39. Anderson RA, Polansky MM, Bryden NA, Canary JJ. Supplemental-chromium effects on glucose, insulin, glucagon, and urinary chromium losses in subjects consuming controlled low-chromium diets. *Am J Clin Nutr* 1991;54:909-916.
40. Anderson RA, Polansky MM, Bryden NA et al. Chromium supplementation of human subjects: effects on glucose, insulin, and lipid variables. *Metabolism* 1983;32:894-899.
41. Uusitupa MI, Kumpulainen JT, Voutilainen E et al. Effect of inorganic chromium supplementation on glucose tolerance, insulin response, and serum lipids in noninsulin-dependent diabetics. *Am J Clin Nutr* 1983;38:404-410.
42. Sherman L, Glennon JA, Brech WJ et al. Failure of trivalent chromium to improve hyperglycemia in diabetes mellitus. *Metabolism* 1968;17:439-442.
43. Rabinowitz MB, Gonick HC, Levin SR, Davidson MB. Effects of chromium and yeast supplements on carbohydrate and lipid metabolism in diabetic men. *Diabetes Care* 1983;6:319-327.
44. Offenbacher EG, Rinko CJ, Pi-Sunyer FX. The effects of inorganic chromium and brewer's yeast on glucose tolerance, plasma lipids, and plasma chromium in elderly subjects. *Am J Clin Nutr* 1985;42:454-461.
45. Ravina A, Slezack L. [Chromium in the treatment of clinical diabetes mellitus]. *Harefuah* 1993;125:142-145, 191.
46. Ravina A, Slezak L, Rubal A, Mirsky N. Clinical use of the trace element chromium (III) in the treatment of diabetes mellitus. *J Trace Elem Exp Med* 1995;8:183-190.
47. Althuis MD, Jordan NE, Ludington EA, Wittes JT. Glucose and insulin responses to dietary chromium supplements: a meta-analysis. *Am J Clin Nutr* 2002;76:148-155.
48. Bahadori B, Wallner S, Hacker C et al. Effects of chromium picolinate on insulin levels and glucose control in obese patients with type-II diabetes mellitus. *Diabetes* 1999;48(suppl):A349 (abstract).
49. Rabinovitz H, Friedensohn A, Leibovitz A et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. *Int J Vitam Nutr Res* 2004;74:178-182.
50. Evans GW. The effect of chromium picolinate on insulin controlled parameters in humans. *Int J Biosoc Res* 1989;11:163-180.
51. Lee NA, Reasner CA. Beneficial effect of chromium supplementation on serum triglyceride levels in NIDDM. *Diabetes Care* 1994;17:1449-1452.
52. Cefalu WT, Bell-Farrow AD, Stegner J et al. Effect of chromium picolinate on insulin sensitivity in vivo. *J Trace Elem Exp Med* 1999;12:71-83.
53. Cheng N, Zhu X, Shi H et al. Follow-up survey of people in China with type 2 diabetes mellitus consuming supplemental chromium. *J Trace Elem Exp Med* 1999;12:55-60.
54. Jovanovic L, Gutierrez M, Peterson CM. Chromium supplementation for women with gestational diabetes mellitus. *J Trace Elem Med Biol* 1999;12:91-97.
55. Kalman DS. Chromium picolinate and type 2 diabetes. *Am J Clin Nutr* 2003;78:192; author reply 192-193.
56. Morris BW, Kouta S, Robinson R et al. Chromium supplementation improves insulin resistance in patients with type 2 diabetes mellitus. *Diabet Med* 2000;17:684-685.
57. Press RI, Geller J, Evans GW. The effect of chromium picolinate on serum cholesterol and apolipoprotein fractions in human subjects. *West J Med* 1990;152:41-45.
58. Abraham AS, Brooks BA, Eylath U. Chromium and cholesterol-induced atherosclerosis in rabbits. *Ann Nutr Metab* 1991;35:203-207.
- 58a. Martin J, Wang ZQ, Shang XH et al. Chromium picolinate supplementation attenuates body weight gain and increases insulin sensitivity in subjects with type 2 diabetes. *Diabetes Care* 2006;29(8):1826-1832.

## Citations and Reference Literature: Chromium

59. Kleefstra N, Houweling ST, Jansman FG et al. Chromium treatment has no effect in patients with poorly controlled, insulin-treated type 2 diabetes in an obese Western population: a randomized, double-blind, placebo-controlled trial. *Diabetes Care* 2006;29:521-525.
60. McLeod MN, Gaynes BN, Golden RN. Chromium Potentiation of antidepressant pharmacotherapy for dysthymic disorder in 5 patients. *J Clin Psychiatry* 1999;60(4):237-240.
61. Seaborn CD, Stoecker BJ. Effects of antacid or ascorbic acid on tissue accumulation and urinary excretion of 51-chromium. *Nutr Res* 1990;10:1401-1407.
62. Davis ML, Seaborn CD, Stoecker BJ. Effects of over-the counter drugs on 51-chromium retention and urinary excretion in rats. *Nutr Res* 1995;15:201-210.
63. Sullivan EA, Shulman KI. Diet and monoamine oxidase inhibitors: a re-examination. *Can J Psychiatry* 1984;29:707-711.
64. Urberg M, Zemel MB. Evidence for synergism between chromium and nicotinic acid in the control of glucose tolerance in elderly humans. *Metabolism* 1987;36:896-899.
- 64a. Singer GM, Geohas J. The effect of chromium picolinate and biotin supplementation on glycemic control in poorly controlled patients with type 2 diabetes mellitus: a placebo-controlled, double-blinded, randomized trial. *Diabetes Technol Ther* 2006;8(6):636-643.
65. Stoecker BJ. Chromium. In: Shils M, Olson JA, Shike M, Ross AC, eds. *Nutrition in Health and Disease*. Baltimore: Williams & Wilkins; 1999:277-282.
66. Kozlovsky AS, Moser PB, Reiser S, Anderson RA. Effects of diets high in simple sugars on urinary chromium losses. *Metabolism* 1986;35:515-518.
67. Seaborn CD, Stoecker BJ. Effects of starch, sucrose, fructose and glucose on chromium absorption and tissue concentrations in obese and lean mice. *J Nutr* 1989;119:1444-1451.
68. Anderson RA, Bryden NA, Polansky MM, Reiser S. Urinary chromium excretion and insulinogenic properties of carbohydrates. *Am J Clin Nutr* 1990;51:864-868.
69. Bouche C, Rizkalla SW, Luo J et al. Five-week, low-glycemic index diet decreases total fat mass and improves plasma lipid profile in moderately overweight nondiabetic men. *Diabetes Care* 2002;25:822-828.
70. Ludwig DS. The glycemic index: physiological mechanisms relating to obesity, diabetes, and cardiovascular disease. *JAMA* 2002;287:2414-2423.
71. Ebbeling CB, Leidig MM, Sinclair KB et al. A reduced-glycemic load diet in the treatment of adolescent obesity. *Arch Pediatr Adolesc Med* 2003;157:773-779.
72. Rizkalla SW, Taghrid L, Laromiguiere M et al. Improved plasma glucose control, whole-body glucose utilization, and lipid profile on a low-glycemic index diet in type 2 diabetic men: a randomized controlled trial. *Diabetes Care* 2004;27:1866-1872.
73. Lukaski HC, Bolonchuk WW, Siders WA, Milne DB. Chromium supplementation and resistance training: effects on body composition, strength, and trace element status of men. *Am J Clin Nutr* 1996;63:954-965.
74. Campbell WW, Beard JL, Joseph LJ et al. Chromium picolinate supplementation and resistive training by older men: effects on iron-status and hematologic indexes. *Am J Clin Nutr* 1997;66:944-949.
75. Hamel FG, Duckworth WC. The relationship between insulin and vanadium metabolism in insulin target tissues. *Mol Cell Biochem* 1995;153:95-102.
76. Cohen N, Halberstam M, Shlimovich P et al. Oral vanadyl sulfate improves hepatic and peripheral insulin sensitivity in patients with non-insulin-dependent diabetes mellitus. *J Clin Invest* 1995;95:2501-2509.
77. Goldfine AB, Simonson DC, Folli F et al. In vivo and in vitro studies of vanadate in human and rodent diabetes mellitus. *Mol Cell Biochem* 1995;153:217-231.
78. Goldfine AB, Patti ME, Zuberi L et al. Metabolic effects of vanadyl sulfate in humans with non-insulin-dependent diabetes mellitus: in vivo and in vitro studies. *Metabolism* 2000;49:400-410.
79. Offenbacher EG. Promotion of chromium absorption by ascorbic acid. *Trace Elem Electrolytes* 1994;11:178-181.
80. Seaborn CD, Cheng N, Adeleye B et al. Chromium and chronic ascorbic acid depletion effects on tissue ascorbate, manganese, and <sup>14</sup>C retention from <sup>14</sup>C-ascorbate in guinea pigs. *Biol Trace Elem Res* 1994;41:279-294.
81. Hahn CJ, Evans GW. Absorption of trace metals in the zinc-deficient rat. *Am J Physiol* 1975;228:1020-1023.
82. Preuss HG, Bagchi D, Bagchi M et al. Effects of a natural extract of (–)-hydroxycitric acid (HCA-SX) and a combination of HCA-SX plus niacin-bound chromium and *Gymnema sylvestre* extract on weight loss. *Diabetes Obes Metab* 2004;6:171-180.

### Reference Literature

- [No authors listed.] A scientific review: the role of chromium in insulin resistance. *Diabetes Educ* 2004;(Suppl):2-14. (Review)
- Abraham AS, Brooks BA, Eylath U. The effects of chromium supplementation on serum glucose and lipids in patients with and without non-insulin-dependent diabetes. *Metabolism* 1992;41:768-771.
- Althuis MD, Jordan NE, Ludington EA, et al. Glucose and insulin responses to dietary chromium supplements: a meta-analysis. *Am J Clin Nutr* 2002;76(1):148-155. (Review)
- Amato P, Morales AJ, Yen SS. Effects of chromium picolinate supplementation on insulin sensitivity, serum lipids, and body composition in healthy, nonobese, older men and women. *J Gerontol A Biol Sci Med Sci* 2000;55:M260-M263.
- Anderson RA. Chromium, glucose tolerance, diabetes and lipid metabolism. *J Adv Med* 1995; 8:37-48.
- Anderson RA. Chromium, glucose intolerance and diabetes. *J Am Coll Nutr* 1998;17(6):548-555. (Review)
- Anderson RA. Effects of chromium on body composition and weight loss. *Nutr Rev* 1998;56:266-270.
- Anderson RA, Bryden NA, Polansky MM. Lack of toxicity of chromium chloride and chromium picolinate in rats. *J Am Coll Nutr* 1997;16:273-279.
- Anderson RA, Bryden NA, Polansky MM. Urinary chromium excretion and insulinogenic properties of carbohydrates. *Am J Clin Nutr* 1990;51(5):864-868.
- Anderson RA, Cheng N, Bryden NA, et al. Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type II diabetes. *Diabetes* 1997;46:1786-1791.
- Anderson RA, Polansky MM, Bryden NA, et al. Chromium supplementation of human subjects: effects on glucose, insulin and lipid variables. *Metabolism* 1983;32:894-899.
- Anderson RA, Polansky MM, Bryden NA. Stability and absorption of chromium and absorption of chromium histidinate complexes by humans. *Biol Trace Elem Res* 2004;101(3):211-218.
- Anderson RA, Polansky MM, Bryden NA, et al. Supplemental-chromium effects on glucose, insulin, glucagon, and urinary chromium losses in subjects consuming controlled low-chromium diets. *Am J Clin Nutr* 1991;54:909-916.
- Anderson RA, Roussell AM, Zouari N, et al. Potential antioxidant effects of zinc and chromium supplementation in people with type 2 diabetes mellitus. *J Am Coll Nutr* 2001;20(3):212-218.
- Bahadori B, Wallner S, Schneider H, et al. Effect of chromium yeast and chromium picolinate on body composition of obese, non-diabetic patients during and after a formula diet. *Acta Med Austriaca* 1997;24:185-187. [German; English abstract]
- Bahadori B, Wallner S, Hacker C, et al. Effects of chromium picolinate on insulin levels and glucose control in obese patients with type-II diabetes mellitus. *Diabetes* 1999;48(Suppl):A349. (Abstract)
- Bahijri SM, Mufti AM. Beneficial effects of chromium in people with type 2 diabetes, and urinary chromium response to glucose load as a possible indicator of status. *Biol Trace Elem Res* 2002;85(2):97-109.
- Bahjri SM. Effect of chromium supplementation on glucose tolerance and lipid profile. *Saudi Med J* 2000;21:45-50.
- Berner TO, Murphy MM, Slesinski R. Determining the safety of chromium tripicolinate for addition to foods as a nutrient supplement. *Food Chem Toxicol* 2004;42(6):1029-1042. (Review)
- Blank HM, Khan LK, Serdula MK. Use of nonprescription weight loss products, results from a multistate survey. *JAMA* 2001;286(8):930-935.
- Blasiak J, Kowalik J. A comparison of the in vitro genotoxicity of tri- and hexavalent chromium. *Mutat Res* 2000;469(1):135-145.
- Brown RO, Forloines-Lynn S, Cross RE, et al. Chromium deficiency after long-term total parenteral nutrition. *Dig Dis Sci* 1986;31(6):661-664.
- Bouche C, Rizkalla SW, Luo J, et al. Five-week, low-glycemic index diet decreases total fat mass and improves plasma lipid profile in moderately overweight nondiabetic men. *Diabetes Care* 2002;25(5):822-828.
- Bunner SP, McGinnis R. Chromium-induced hypoglycemia. *Psychosomatics* 1998;39(3):298-299. (Case report, Letter)
- Bureau I, Anderson RA, Arnaud J, et al. Trace mineral status in post menopausal women: impact of hormonal replacement therapy. *J Trace Elem Med Biol* 2002;16(1):9-13.
- Burkhardt S, Reiter RJ, Tan DX, et al. DNA oxidatively damaged by chromium(III) and H<sub>2</sub>O<sub>2</sub> is protected by the antioxidants melatonin, N(1)-acetyl-N(2)-formyl-5-methoxykynuramine, resveratrol and uric acid. *Int J Biochem Cell Biol* 2001;33(8):775-783.
- Campbell WW, Beard JL, Joseph LJ, et al. Chromium picolinate supplementation and resistive training by older men: effects on iron-status and hematologic indexes. *Am J Clin Nutr* 1997;66(4):944-949.
- Campbell WW, Joseph LJ, Davey SL, et al. Effects of resistance training and chromium picolinate on body composition and skeletal muscle in older men. *J Appl Physiol* 1999;86(1):29-39.
- Campbell WJ, Mertz W. Interaction of insulin and chromium (III) on mitochondrial swelling. *Am J Physiol* 1963;204:1028-1030.

## Citations and Reference Literature: Chromium

- Cefalu WT. Chromium and metabolic syndrome. The VII International Society of Trace Element Research in Humans. Bangkok, Nov 11, 2004.
- Cefalu WT. Evolving strategies for insulin delivery and therapy. *Drugs* 2004;64(11):1149-1161.
- Cefalu WT, Bell-Farrow AD, Stegner J, et al. Effect of chromium picolinate on insulin sensitivity in vivo. *J Trace Elem Exp Med* 1999;12:71-83.
- Cefalu WT, Hu FB. Role of chromium in human health and in diabetes. *Diabetes Care* 2004;27(11):2741-2751. (Review)
- Christensen JM, Holst E, Bonde JP, et al. Determination of chromium in blood and serum: evaluation of quality control procedures and estimation of reference values in Danish subjects. *Sci Total Environ* 1993;132(1):11-25.
- Clancy SP, Clarkson PM, DeCheke ME, et al. Effects of chromium picolinate supplementation on body composition, strength, and urinary chromium loss in football players. *Int J Sport Nutr* 1994;4:142-153.
- Clarkson PM. Effects of exercise on chromium levels: is supplementation required? *Sports Med* 1997;23:341-349.
- Cronin JR. The chromium controversy. *Altern Complement Ther* 2004;10(1):39-42. (Review)
- Davidson JR, Abraham K, Connor KM, et al. Effectiveness of chromium in atypical depression: a placebo-controlled trial. *Biol Psychiatry* 2003;53:261-264.
- Davies S, McLaren Howard J, Hunnisett A, et al. Age-related decreases in chromium levels in 51,665 hair, sweat, and serum samples from 40,872 patients: implications for the prevention of cardiovascular disease and type II diabetes mellitus. *Metabolism* 1997;46(5):469-473.
- Davis JM, Welsh RS, Alerson NA. Effects of carbohydrate and chromium ingestion during intermittent high-intensity exercise to fatigue. *Int J Sport Nutr Exerc Metab* 2000;10:476-485.
- Despres JP, Lamarche B, Mauriege P, et al. Hyperinsulinemia as an independent risk factor for ischemic heart disease. *N Engl J Med* 1996;334:952-957.
- Ding W, Chai Z, Duan P, et al. Serum and urine chromium concentrations in elderly diabetics. *Biol Trace Elem Res* 1998;63(3):231-237.
- Donaldson RM Jr, Barreras RF. Intestinal absorption of trace quantities of chromium. *J Lab Clin Med* 1966;68:484-493.
- Ebbeling CB, Leidig MM, Sinclair KB, et al. A reduced-glycemic load diet in the treatment of adolescent obesity. *Arch Pediatr Adolesc Med* 2003;157:773-779.
- Evans GW. The effect of chromium picolinate on insulin controlled parameters in humans. *Int J Biosocial Med Res* 1989;11:163-180.
- Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. *J Inorg Biochem* 1992;46:243-250.
- Fontbonne A, Tchobroutsky G, Eschwege E, et al. Coronary heart disease mortality risk: plasma insulin level is a more sensitive marker than hypertension or abnormal glucose tolerance in overweight males: the Paris Prospective Study. *Int J Obes* 1988;12:557-565.
- Fowler JF Jr. Systemic contact dermatitis caused by oral chromium picolinate. *Cutis* 2000;65(2):116.
- Fox GN, Sabovic Z. Chromium picolinate supplementation for diabetes mellitus. *J Fam Pract* 1998;46(1):83-86.
- Freund H, Atamian S, Fischer JE. Chromium deficiency during total parenteral nutrition. *JAMA* 1979 2;241(5):496-498.
- Fujimoto S. Studies on the relationships between blood trace metal concentrations and the clinical status of patients with cerebrovascular disease, gastric cancer, and diabetes mellitus. *Hokkaido Igaku Zasshi* 1987;62:913-932.
- Garber AJ. Benefits of combination therapy of insulin and oral hypoglycemic agents. *Arch Intern Med* 2003;163:1781-1782.
- Gardner DM, Shulman KI, Walker SE, et al. The making of a user friendly MAOI diet. *J Clin Psychiatry* 1996;57(3):99-104. (Review)
- Garland M, Morris JS, Colditz GA, et al. Toenail trace element levels and breast cancer. *Am J Epidemiol* 1996;144:653-660.
- Ghosh D, Bhattacharya B, Mukherjee B, et al. Role of chromium supplementation in Indians with type 2 diabetes mellitus. *J Nutr Biochem* 2002;13(11):690-697.
- Goldman L, Bennett JC. Cecil's textbook of medicine. 21st ed. Philadelphia: WB Saunders; 2000.
- Gordon JB. An easy and inexpensive way to lower cholesterol? *West J Med* 1991;154(3):352.
- Grant KE, Chandler RM, Castle AL, et al. Chromium and exercise training: effect on obese women. *Med Sci Sports Exerc* 1997;29:992-998.
- Guallar E, Jimenez J, van t' Veer P, et al. The association of chromium with the risk of a first myocardial infarction in men: the EURAMIC Study. *Circulation* 2001;103:1366. (Abstract)
- Guan X, Matte JJ, Ku PK, et al. High chromium yeast supplementation improves glucose tolerance in pigs by decreasing hepatic extraction of insulin. *J Nutr* 2000;130:1274-1279.
- Gunton JE, Hams G, Hitchman R, et al. Serum chromium does not predict glucose tolerance in late pregnancy. *Am J Clin Nutr* 2001;73(1):99-104.

## Citations and Reference Literature: Chromium

- Haffner SM. The importance of hyperglycemia in the nonfasting state to the development of cardiovascular disease. *Endocr Rev* 1998;19:583-592.
- Hallmark MA, Reynolds TH, DeSouza CA, et al. Effects of chromium and resistive training on muscle strength and body composition. *Med Sci Sports Ex* 1996;28:139-144.
- Hasten DL, Rome EP, Franks BD. Effects of chromium picolinate on beginning weight training students. *Int J Sports Nutr* 1992;2:343-350.
- Hathcock JN. Vitamins and minerals: efficacy and safety. *Am J Clin Nutr* 1997;66(2):427-437. (Review)
- Hellerstein MK. Is chromium supplementation effective in managing type II diabetes? *Nutr Rev* 1998;56(10):302-306.
- Hepburn DD, Vincent JB. In vivo distribution of chromium from chromium picolinate in rats and implications for the safety of the dietary supplement. *Chem Res Toxicol* 2002;15(2):93-100.
- Hepburn DD, Vincent JB. Tissue and subcellular distribution of chromium picolinate with time after entering the bloodstream. *J Inorg Biochem* 2003;94(1-2):86-93.
- Hepburn DD, Xiao J, Bindom S, et al. Nutritional supplement chromium picolinate causes sterility and lethal mutations in *Drosophila melanogaster*. *Proc Natl Acad Sci U S A* 2003;100(7):3766-71. Erratum in *Proc Natl Acad Sci U S A* 2003;100(24):14511.
- Hermann J, Arquitt A, Stoecker B. Effects of chromium supplementation on plasma lipids, apolipoproteins, and glucose in elderly subjects. *Nutr Res* 1994;14(5):671-674.
- Houweling ST, et al. Effects of chromium treatment in patients with poorly controlled, insulin-treated type 2 diabetes mellitus: a randomized, double blind, placebo-controlled trial. Abstract 756. 18th International Diabetes Federation Congress: Paris, August 24, 2003.
- Hu M, Wu H, Chao C. Assisting effects of lithium on hypoglycemic treatment in patients with diabetes. *Biol Trace Elem Res* 1997;60(1-2):131-137.
- Institute of Medicine. Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc. Washington, DC: National Academy Press; 2001.
- Special Issue: International Symposium on the Health Effects of Dietary Chromium. *J Trace Elem Exp Med* 1999;12:53-169.
- Itokawa Y. [Trace elements in long-term total parenteral nutrition.] *Nippon Rinsho* 1996;54(1):172-178. [Japanese] (Review)
- Jeejeebhoy KN. The role of chromium in nutrition and therapeutics and as a potential toxin. *Nutr Rev* 1999;57:329-335.
- Job FP, Wolfertz J, Meyer R, et al. Hyperinsulinism in patients with coronary artery disease. *Coron Artery Dis* 1994;5:487-492.
- Joseph LJ, Farrell PA, Davey SL, et al. Effect of resistance training with or without chromium picolinate supplementation on glucose metabolism in older men and women. *Metabolism* 1999;48:546-553.
- Jovanovic L, Gutierrez M, Peterson CM. Chromium supplementation for women with gestational diabetes mellitus. *J Trace Elem Med Biol* 1999;12:91-97.
- Jovanovic-Peterson L, Peterson CM. Vitamin and mineral deficiencies which may predispose to glucose intolerance of pregnancy. *J Am Coll Nutr* 1996;15(1):14-20.
- Juturu V. Chromium and insulin resistance. *Exp Biol* 2004;Abstract 351.7. (Abstract)
- Juturu V, Komorowski JR. Chromium supplements, glucose, and insulin responses. *Am J Clin Nutr* 2003;78(1):190. (Letter)
- Kaats GR, Blum K, Fisher JA, et al. Effects of chromium picolinate supplementation on body composition: a randomized, double-masked, placebo-controlled study. *Curr Ther Res* 1996;57:747-756.
- Kaats GR, Blum K, Pullin D, et al. A randomized, double-masked, placebo-controlled study of the effects of chromium picolinate supplementation on body composition: a replication and extension of a previous study. *Curr Ther Res* 1998;59:379-388.
- Khan A, Bryden NA, Polansky MM, et al. Insulin potentiating factor and chromium content of selected foods and spices. *Biol Trace Elem Res* 1990;24(3):183-188.
- Kien CL, Veillon C, Patterson KY, et al. Mild peripheral neuropathy but biochemical chromium sufficiency during 16 months of "chromium-free" total parenteral nutrition. *JPN J Parenter Enteral Nutr* 1986;10(6):662-664.
- Kim DS, Kim TW, Kang JS. Chromium picolinate supplementation improves insulin sensitivity in Goto-Kakizaki diabetic rats. *J Trace Elem Med Biol* 2004;17(4):243-247.
- Kirschmann GJ, Kirschmann JD. Nutrition almanac. 4th ed. New York: McGraw-Hill; 1996:108-109.
- Kleefstra N, Houweling ST, Jansman FGA, et al. Chromium treatment has no effect in patients with poorly controlled, insulin-treated type 2 diabetes in an obese Western population: a randomized, double-blind, placebo-controlled trial. *Diabetes Care* 2006;29:521-525.
- Kobla HV, Volpe SL. Chromium, exercise, and body composition. *Crit Rev Food Sci Nutr* 2000;40(4):291-308.
- Kozlovsky AS, Moser PB, Reiser S, et al. Effects of diets high in simple sugars on urinary chromium losses. *Metabolism* 1986;35(6):515-518.

## Citations and Reference Literature: Chromium

- Kruse-Jarres JD, Rukgauer M. Trace elements in diabetes mellitus: peculiarities and clinical validity of determinations in blood cells. *J Trace Elem Med Biol* 2000;14(1):21-27.
- Lamarche B, Tchernof A, Mauriege P, et al. Fasting insulin and apolipoprotein B levels and low-density lipoprotein particle size as risk factors for ischemic heart disease. *JAMA* 1998;279:1955-1961.
- Lane BC. Diet and the glaucomas. *J Am Coll Nutr* 1991;10(5):536.
- Laws A, King AC, Haskell WL, et al. Relation of fasting plasma insulin concentration to high density lipoprotein cholesterol and triglyceride concentrations in men. *Arterioscler Thromb* 1991;11:1636-1642.
- Lee NA, Reasner CA. Beneficial effect of chromium supplementation on serum triglyceride levels in NIDDM. *Diabetes Care* 1994;17:1449-1452.
- Lefavi R, Anderson R, Keith R, et al. Efficacy of chromium supplementation in athletes: emphasis on anabolism. *Int J Sport Nutr* 1992;2:111-122.
- Liu VJ, Abernathy RP. Chromium and insulin in young subjects with normal glucose tolerance. *Am J Clin Nutr* 1982;35(4):661-667.
- Liu VJ, Morris JS. Relative chromium response as an indicator of chromium status. *Am J Clin Nutr* 1978;31(6):972-976.
- Livolsi JM, Adams GM, Laguna PL. The effect of chromium picolinate on muscular strength and body composition in women athletes. *J Strength Cond Res* 2001;15(2):161-166.
- Ludwig DS. The glycemic index: physiological mechanisms relating to obesity, diabetes, and cardiovascular disease. *JAMA* 2002;287(18):2414-2423. (Review)
- Lukaski HC. Chromium as a supplement. *Annu Rev Nutr* 1999;19:279-302.
- Lukaski HC. Magnesium, zinc, and chromium nutriture and physical activity. *Am J Clin Nutr* 2000;72(2 Suppl):585S-593S.
- Lukasi HC, Bolonchuk WW, Siders WA, et al. Chromium supplementation and resistance training: effects on body composition, strength, and trace element status of men. *Am J Clin Nutr* 1996;663:954-965.
- Lydic ML, McNurlan M, Komaroff E, et al. Effects of chromium supplementation on insulin sensitivity and reproductive function in polycystic ovarian syndrome: a pilot study. *Fertil Steril* 2003;80(Suppl 3):45-46.
- McCarty MF. Anabolic effects of insulin on bone suggests a role for chromium picolinate in preservation of bone density. *Med Hypotheses* 1995;45:241-246.
- McCarty MF. Chromium meta-analysis. *Am J Clin Nutr* 2003;78(1):191-192; author reply 192-193. (Letter)
- McCarty MF. Complementary measures for promoting insulin sensitivity in skeletal muscle. *Med Hypotheses* 1998;51(6):451-464. (Review)
- McCarty MF. Nutraceutical resources for diabetes prevention: an update. *Med Hypotheses* 2005;64(1):151-158. (Review)
- McCarty MF. The case for supplemental chromium and a survey of clinical studies with chromium picolinate. *J Appl Nutr* 1991;43:59-66.
- McLeod MN, Gaynes BN, Golden RN. Chromium potentiation of antidepressant pharmacotherapy for dysthymic disorder in 5 patients. *J Clin Psychiatry* 1999;60(4):237-240.
- Mertz W. Chromium in human nutrition: a review. *J Nutr* 1993;123:626-633. (Review)
- Mertz W. Interaction of chromium with insulin: a progress report. *Nutr Rev* 1998;56(6):174-177. (Review)
- Moore JW, Maher MA, Banz WJ, et al. Chromium picolinate modulates rat vascular smooth muscle cell intracellular calcium metabolism. *J Nutr* 1998;128:180-184.
- Morris BW, Kouta S, Robinson R, et al. Chromium supplementation improves insulin resistance in patients with type 2 diabetes mellitus. *DiabetesMed* 2000;17(9):684-685.
- Morris BW, MacNeil S, Hardisty CA, et al. Chromium homeostasis in patients with type II (NIDDM) diabetes. *J Trace Elem Med Biol* 1999;13(1-2):57-61.
- Morris BW, MacNeil S, Stanley K, et al. The inter-relationship between insulin and chromium in hyperinsulinaemic euglycaemic clamps in healthy volunteers. *J Endocrinol* 1993;139(2):339-345.
- Newman HA, Leighton RF, Lanese RR, et al. Serum chromium and angiographically determined coronary artery disease. *Clin Chem* 1978;24(4):541-544.
- Nielsen FH. Controversial chromium. *Nutr Today* 1996;31:226-233.
- Offenbacher EG. Chromium in the elderly. *Biol Trace Elem Res* 1992;32:123-131. (Review)
- Offenbacher E, Pi-Sunyer F. Beneficial effect of chromium-rich yeast on glucose tolerance and blood lipids in elderly subjects. *Diabetes* 1980;29:919-925.
- Offenbacher EG, Rinko CJ, Pi-Sunyer FX. The effects of inorganic chromium and brewer's yeast on glucose tolerance, plasma lipids, and plasma chromium in elderly subjects. *Am J Clin Nutr* 1985;42(3):454-461.

## Citations and Reference Literature: Chromium

- Page TG, Southern LL, Ward TL, et al. Effect of chromium picolinate on growth and serum and carcass traits of growing-finishing pigs. *J Anim Sci* 1993;71:656-662.
- Pittler MH, Ernst E. Dietary supplements for body-weight reduction: a systematic review. *Am J Clin Nutr* 2004;79(4):529-536. (Review)
- Pittler MH, Stevinson C, Ernst E. Chromium picolinate for reducing body weight: meta-analysis of randomized trials. *Int J Obes Relat Metab Disord* 2003;27(4):522-529.
- Porter DJ, Raymond LW, Anastasio GD. Chromium: friend or foe? *Arch Fam Med* 1999;8:386-390.
- Press RI, Geller J, Evans GW. The effect of chromium picolinate on serum cholesterol and apolipoprotein fractions in human subjects. *West J Med* 1990;152(1):41-45.
- Preuss HG, Jarrell ST, Scheckenbach R, et al. Comparative effects of chromium, vanadium and gymnema sylfestre on sugar-induced blood pressure elevations in SHR. *J Am Coll Nutr* 1998;17(2):116-123.
- Preuss HG, Wallerstedt D, Talpur N, et al. Effects of niacin-bound chromium and grape seed proanthocyanidin extract on the lipid profile of hypercholesterolemic subjects: a pilot study. *J Med* 2000;31:227-246.
- Pyorala K, Savolainen E, Kaukola S, et al. Plasma insulin as coronary heart disease risk factor: relationship to other risk factors and predictive value during 9 1/2-year follow-up of the Helsinki Policemen Study population. *Acta Med Scand Suppl* 1985;701:38-52.
- Rabinovitz H, Friedensohn A, Leibovitz A, et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. *Int J Vitam Nutr Res* 2004;74(3):178-182.
- Rabinovitz H, Leibovitz A, Madar Z, et al. Blood glucose and lipid levels following chromium supplementation in diabetic elderly patients on a rehabilitation program. *Gerontologist* 2000;40:38. (Abstract)
- Rabinowitz MB, Gonick HC, Levin SR, et al. Effects of chromium and yeast supplements on carbohydrate and lipid metabolism in diabetic men. *Diabetes Care* 1983;6:319-327.
- Rajpathak S, Rimm EB, Li T, et al. Lower toenail chromium in men with diabetes and cardiovascular disease compared with healthy men. *Diabetes Care* 2004;27(9):2211-2216.
- Ravina A, Slezack L. Chromium in the treatment of clinical diabetes mellitus. *Harefuah* 1993;125(5-6):142-145,191. [Hebrew]
- Rendell MS, Kirchain WR. Pharmacotherapy of type 2 diabetes mellitus. *Ann Pharmacother* 2000;34(7-8):878-895. (Review)
- Riales R, Albrink MJ. Effect of chromium chloride supplementation on glucose tolerance and serum lipids including high-density lipoprotein of adult men. *Am J Clin Nutr* 1981;34(12):2670-2678.
- Rizkalla SW, Taghrid L, Laromiguiere M, et al. Improved plasma glucose control, whole-body glucose utilization, and lipid profile on a low-glycemic index diet in type 2 diabetic men: a randomized controlled trial. *Diabetes Care* 2004; 27(8):1866-1872.
- Robinson C, Weigly E. Basic nutrition and diet therapy. New York: MacMillan;1984.
- Roe DA. Diet and drug interactions. New York: Van Nostrand Reinhold;1989.
- Roe DA. Drug-induced nutritional deficiencies. 2nd ed. Westport, CT: Avi Publishing;1985.
- Roe DA. Risk factors in drug-induced nutritional deficiencies. In: Roe DA, Campbell T, eds. *Drugs and nutrients: the interactive effects*. New York: Marcel Decker;1984:505-523.
- Rubin MA, Miller JP, Ryan AS, et al. Acute and chronic resistive exercise increase urinary chromium excretion in men as measured with an enriched chromium stable isotope. *J Nutr* 1998;128(1):73-78.
- Saner G, Yüzbaşıyan V, Neyzi O, et al. Alterations of chromium metabolism and effect of chromium supplementation in Turner's syndrome patients. *Am J Clin Nutr* 1983;38:574-578.
- Saydah SH, Loria CM, Eberhardt MS, et al. Subclinical states of glucose intolerance and risk of death in the U.S. *Diabetes Care* 2001;24:447-453.
- Shils ME, Olsen JA, Shike M, eds. *Modern nutrition in health and disease*. 9th ed. Media, Pa: Williams and Wilkins Co; 1999:277-282.
- Shinde Urmila A, Sharma G, Xu Yan J, et al. Anti-diabetic activity and mechanism of action of chromium chloride. *Exp Clin Endocrinol Diabetes* 2004;112(5):248-252.
- Shrivastava R, Upreti RK, Chaturvedi UC. Various cells of the immune system and intestine differ in their capacity to reduce hexavalent chromium. *FEMS Immunol Med Microbiol* 2003;38(1):65-70.
- Singer GM, Geohas J. The effect of chromium picolinate and biotin supplementation on glycemic control in poorly controlled patients with type 2 diabetes mellitus: a placebo-controlled, double-blinded, randomized trial. *Diabetes Technol Ther* 2006;8(6):636-643.
- Soltyk K, Lozak A, Ostapczuk P, et al. Determination of chromium and selected elements in multimineral and multivitamin preparations and in pharmaceutical raw material. *J Pharm Biomed Anal* 2003;32(3):425-432.
- Speetjens JK, Collins RA, Vincent JB, et al. The nutritional supplement chromium (III) tris(picolinate) cleaves DNA. *Chem Res Toxicol* 1999;12:483-487.
- Stearns DM, Belbruno JJ, Wetterhahn KE. A prediction of chromium (III) accumulation in humans from chromium dietary supplements. *FASEB J* 1995;9:1650-1657.

## Citations and Reference Literature: Chromium

- Stearns DM, Wise JP, Patierno SR, et al. Chromium (III) picolinate produces chromosome damage in Chinese hamster ovary cells. *FASEB J* 1995;9:1643-1649.
- Threlkeld DS, ed. Hormones, antidiabetic agents, sulfonylureas. In: Facts and comparisons drug information. St Louis: Facts and Comparisons;1992:130m.
- Trent LK, Thieding-Cancel D. Effects of chromium picolinate on body composition. *J Sports Med Phys Fitness* 1995;35:273-280.
- Trovato A, Nuhlicek DN, Midtling JE. Drug-nutrient interactions. *Am Family Phys* 1991;44:1651-1658. (Review)
- Trow LG, Lewis J, Greenwood RH, et al. Lack of effect of dietary chromium supplementation on glucose tolerance, plasma insulin, and lipoprotein levels in patients with type 2 diabetes. *Int J Vitam Nutr Res* 2000;70(1):14-18.
- Tuzcu A, Bahcec M, Dursun M, et al. Can long-term exposure to chromium improve insulin sensitivity in chromium mine workers? *J Trace Elem Med Exp Med* 2004;17(1):55-63.
- Uusitupa MI, Kumpulainen JT, Voutilainen E, et al. Effect of inorganic chromium supplementation on glucose tolerance, insulin response, and serum lipids in noninsulin-dependent diabetics. *Am J Clin Nutr* 1983;38(3):404-410.
- Uusitupa MI, Mykkanen L, Siitonen O, et al. Chromium supplementation in impaired glucose tolerance of elderly: effects on blood glucose, plasma insulin, C-peptide and lipid levels. *Br J Nutr* 1992;68:209-216.
- Verhage AH, Cheong WK, Jeejeebhoy KN. Neurologic symptoms due to possible chromium deficiency in long-term parenteral nutrition that closely mimic metronidazole-induced syndromes. *JPEN J Parenter Enteral Nutr* 1996;20(2):123-127.
- Vincent JB. Elucidating a biological role for chromium at a molecular level. *Acc Chem Res* 2000;33(7):503-510. (Review)
- Vincent JB. Quest for the molecular mechanism of chromium action and its relationship to diabetes. *Nutr Rev* 2000;58(3 Pt 1):67-72. PMID: 10812920. (Review)
- Vincent JB. Recent advances in the nutritional biochemistry of trivalent chromium. *Proc Nutr Soc* 2004;63(1):41-47. (Review)
- Vincent JB. Recent developments in the biochemistry of chromium(III). *Biol Trace Elem Res* 2004;99(1-3):1-16.
- Vincent JB. The bioinorganic chemistry of chromium (III). *Polyhedron* 2001;20:1-26.
- Vincent JB. The biochemistry of chromium. *J Nutr* 2000;130:715-718.
- Vincent JB. The potential value and toxicity of chromium picolinate as a nutritional supplement, weight loss agent and muscle development agent. *Sports Med* 2003;33(3):213-230. (Review)
- Volpe SL, Huang HW, Larpadisorn K, et al. Effect of chromium supplementation and exercise on body composition, resting metabolic rate and selected biochemical parameters in moderately obese women following an exercise program. *J Am Coll Nutr* 2001;20:293-306.
- Wang JF, Bashir M, Engelsberg BN, et al. High mobility group proteins 1 and 2 recognize chromium-damaged DNA. *Carcinogenesis* 1997;18(2):371-375.
- Wang MM, Fox EA, Stoecker BJ, et al. Serum cholesterol of adults supplemented with brewer's yeast or chromium chloride. *Nutr Res* 1989;9:989-998.
- Wells IC, Claassen JP, Anderson RJ. A test for adequacy of chromium nutrition in humans--relation to type 2 diabetes mellitus. *Biochem Biophys Res Commun* 2003;303(3):825-827.
- Werbach MR. Foundations of nutritional medicine. Tarzana, CA: Third Line Press;1997. (Review)
- Westphal SA, Palumbo PJ. Insulin and oral hypoglycemic agents should not be used in combination in the treatment of type 2 diabetes. *Arch Intern Med* 2003;163 1783-1785.
- Wilson BE, Gondy A. Effects of chromium supplementation on fasting insulin levels and lipid parameters in healthy, non-obese young subjects. *Diabetes Res Clin Pract* 1995;28:179-184.
- Wolf LR. Adrenergic blocker toxicity. In: Haddad L, Shannon MW, Winchester JF, eds. Clinical management of poisoning and drug overdose. 3rd ed. Pennsylvania: WB Sanders;1998:1031-1040.