Chromium	
Description	Chromium is an essential trace mineral.
Function	Involved in the processes that make glucose available for energy. It is also important for the metabolism of amino acids (the 'building blocks' of proteins) and fats.
Human Requirements	In the UK, no Reference Nutrient Intake or Estimated Average Requirement has been set. EU RDA: Not established.
Dietary Intake	In the UK, the average adult diet provides 13.6 – 47.7µg daily[1].
Food Sources	Liver, kidney, yeast products, wholegrain cereal, nuts, legumes.
Deficiency Symptoms	Gross chromium deficiency is rarely seen in humans, but signs and symptoms of marginal deficiency include: Glucose intolerance (insulin resistant hyperglycaemia, raised serum lipids and weight loss).
Precautions / Contra-Indications	Diabetics should only take chromium under medical supervision. Not suitable for epileptics. Safe Upper Level: 10mg (trivalent chromium)[2]
Pregnancy & Breastfeeding	No problems reported at normal intakes.
Adverse Effects	None known
Interactions[1]	Chromium supplements containing yeast should be avoided by patients taking monoamine oxidase inhibitors. Seek medical advice before taking chromium, if on any medication for diabetes.
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.