

VANADIUM W/CHROMIUM



Supports Healthy Blood Sugar Levels

Today's sedentary lifestyles and sugar-rich, nutrient-poor foods are contributing to the rise of obesity in our society. The result: challenges to your body's system of balancing blood sugar levels and insulin activity. Maintaining a healthy diet and lifestyle helps keep blood sugar levels in the normal range, but sometimes you need nutritional support when you don't have time to make those healthy food choices. Source Naturals, the science company, introduces VANADIUM W/CHROMIUM for blood sugar support. Research shows that these two important minerals help maintain normal blood sugar levels when used as part of your diet.



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Vanadium works together with chromium to support healthy blood sugar levels. Research has shown that both of these important minerals play a key role in normal insulin function.

Vanadium: Balances Insulin Activity

Vanadium, named after Vanadis the Norse goddess of beauty, belongs to a group of biologically important metals known as transition elements. These metals have a natural tendency to form complexes with organic compounds called coordination compounds that serve important biological functions.

Insulin is secreted by the pancreas in response to high blood glucose levels after meals. Without insulin, glucose cannot enter cells to provide fuel for cellular energy. The sugar that remains in the blood can create problems by binding with protein molecules, resulting in damaged, non-functioning structures, in a process called glycation. Some evidence suggests that vanadium supports these vital metabolic processes because of its ability to mimic the actions of insulin.

More Absorbable Form of Vanadium

Absorption of dietary vanadium and supplemental vanadium is poor. It is estimated that less than 5% of dietary vanadium is absorbed. Organic forms of vanadium, such as bis-glycinato oxovanadium or BGOV, are recognized as being more absorbable. BGOV is an organically bound, bioavailable form of vanadium complexed with the amino acid glycine. Glycine, an amino acid found in the protein of all life forms, generates superior vanadium absorption.

Chromium: Supports Glucose Metabolism

Chromium is a trace element the body needs in very small amounts, but it plays a significant role in human nutrition. Its most important function is to help regulate the amount of glucose in the blood. Insulin plays a role in this process, by regulating the movement of glucose out of the blood and into the cells. Chromium is a key constituent

of the compound known as glucose tolerance factor (GTF). This mineral enhances the effectiveness of insulin, encouraging glucose to enter cells, where it can be burned for fuel.

Chromium participates in glucose metabolism by enhancing the effects of insulin. Insulin binds to insulin receptors on the surface of cells, activating those receptors and stimulating glucose uptake by cells. Through its interaction with insulin receptors, insulin provides cells with glucose for energy and prevents blood glucose levels from becoming elevated.

Glucose buildup in the bloodstream is associated with adverse changes in lipid profiles and increased challenges for cardiovascular health. Some studies examining the effects of chromium supplementation on lipid profiles have observed reduction in serum total cholesterol, LDL cholesterol, and triglyceride levels. Source Naturals VANADIUM W/CHROMIUM includes ChromeMate®, a patented compound of chromium and niacin with proven GTF activity.

Wellness Nutrition

Taking responsibility for your health is at the heart of the wellness revolution. Sometimes life may seem like it's passing you by and you may not have time to focus on staying healthy. Your local health food outlet is a great resource for nutritional education and effective, advanced natural products. Source Naturals is pleased to partner with these outlets to bring you products like VANADIUM W/CHROMIUM to help you maintain a healthy balance.

References:

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- Jellin, J., et al. 2004. Vanadium Monograph. *Pharmacists Letter/Prescribers Letter Natural Medicines Comprehensive Database*. Therapeutic Research Facility.
- Nandhini, S., et al. 1993. Insulin-like effects of bis-glycinato oxovanadium complex on experimental diabetic rats. *Indian Journal of Biochemistry and Biophysics* 30:73-76.



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