



WE REGULARLY  
MANUFACTURE & SUPPLY  
THE

BEST QUALITY OF

CHROMIUM PICOLINATE  
(CHROMIUM TRIPICOLINATE)  
&  
CHROMIUM POLYNICOTINATE  
(CHROMIUM NICOTINATE)

&

ALSO

PUBLISH

OUR

ARTICLES

ON

CHROMIUM PICOLINATE

(ENCLOSED HEREWITH)

MY DEAR SIR

WELCOME AT

M/S. BIMAL PHARMA PVT. LTD.

(A TEAM OF TECHNOCRATS)

## CHROMIUM PICOLINATE & CHROMIUM POLYNICOTINATE

### A VITAL ELEMENT FOR "BETTER HEALTH"

There appears to be new approach to "**obesity**". When we talk of "obesity", we are talking about excess storage of "Body Fat".

**Chromium Picolinate / Polynicotinate** play a vital role in regulating the metabolism of **carbohydrates**, and also in regulating **Insulin** (our regular diet consists 70% of Carbohydrates). Insulin digests carbohydrates. If Insulin has to work or has to show its effect, there have to be "**receptor-sites**" and a substance called **GTF** (Glucose Tolerance Factor).

Due to age, overweight or high fever conditions or certain contagious diseases, the receptor-sites, get worn of the body, the insulin cannot show its action, so it (insulin) signals the body to store this carbohydrates as "**Fat**" in the body.

Researchers have confirmed that there is a substance called GTF which helps insulin to get Glucose into bodycell. GTF is synthesized in Body and is complex of Chromium, Amino Acids, Niacinamide and Vitamin B<sub>3</sub>. If there is a deficiency of "Chromium" in the body, GTF does not work properly, because chromium is a cofactor of GTF complex.

Chromium helps in developing new **"receptor-sites"** in the body and insulin shows its action through such receptor-sites. Thus, Insulin can be made sensitive to tissue cells by supplement of "Chromium". Carbohydrate metabolism is regulated, thereby further conversion of carbohydrate to "Fat" in the body is stopped.

Thus, in the absence of Chromium and receptor-sites, any carbohydrate which is converted into "Fat" in the body is a saturated fat like "ghee" and it deposits on various regions of the body like hip, waist thighs, shoulders, neck and abdomen, making the person to look like **"obese"**.

Chromium also enhances protein absorption in the body, leading to increase in the lean muscle mass. The energy for the tissue building is derived from the accumulated fat, but their process is slow and can be expedited by concurrent use of Garcinia cambogia. Thus Chromium Picolinate helps to reduce "obesity".

For treatment of obesity with Chromium Picolinate, there is no diet restrictions, but it is essential to **avoid** fasting and should take all four meals at **regular** intervals. Breakfast is the most important meal, followed by light lunch, evening snack and dinner. Due to fasting or skipping of meal (especially breakfast), the metabolic rate falls down. After this, if, we eat, it has a rebounded effect on the body, leading to further obesity (Yo-Yo Syndrome). It is only advised to avoid sugary items, deep fried items, coffee and cold drinks, and increased usage of regular and green salad is advised.

## **DOSAGE :**

"Chromium" content in Chromium Picolinate / Polynicotinate is 11.5% i.e. 11.5 micrograms/ milligram.

Labeled amount of Chromium Picolinate of 1.67 milligram is equivalent to 200 micrograms of "Chromium".

5 Tablets in a day is recommended which is equivalent to 1 milligram/day.

Multiple benefits of Chromium Picolinate can be summarized as under.

- (1) Chromium is not a drug and thus will not cause a reaction in the body.
- (2) It helps to burn fat and to build lean muscle mass (weight management).
- (3) It lowers bad kind of Cholesterol and helps to reduce the risk of heart diseases.
- (4) It enhances metabolic rate and anabolic activity.
- (5) It prevents Alcoholism. It normalizes **blood pressure** and **insulin sensitivity**.
- (6) It controls hypoglycemia and diabetes, Mellitus Type II.
- (7) It needs no strenuous exercise and no calorie counting.
- (8) It is the most safest nutritional supplement.

Multiple benefits of Chromium Picolinate shall be discussed in successive issues, one by one, at length.

For further information, contact **M/s.Bimal Pharma Pvt.Ltd.**

**Mr. Jagdish Parikh** is a Chief Executive of M/s. Bimal Pharma Pvt.Ltd., and is expert in Bulk Drugs manufacturing and marketing since last 28 years. By qualification, he is **M.Sc. 'Synthetic Drugs, D.A.M. and LL.B.** from Bombay University.