

# Chromium

## Background

Chromium is a mineral which is often used to treat diabetes. In the 1990's a psychiatrist in Chapel Hill, N.C. discovered that depressed patients who took chromium experienced dramatic improvements in their mood. In 2003, a study at Duke University confirmed these effects scientifically by comparing chromium with a placebo (sugar-pill).

Chromium can work in a wide variety of depressions. It also helps binge eating.

## Other health benefits

Chromium may increase insulin sensitivity, which is beneficial in diabetes.

## Side effects of Chromium

Chromium is generally well tolerated. Common side effects include enhanced dreaming and mild restlessness.

## Limitations of Chromium

Chromium has not been widely studied, and some studies in depression showed no difference. Chromium products are not regulated by the FDA, but an independent group (Consumer Labs) tests products. They recommend: *Source Naturals*, *Spring Valley*, *GNC*, *Puritan's Pride*, and *365 Whole Foods*.

Find links to top products at [www.chrisaikenmd.com/supplements](http://www.chrisaikenmd.com/supplements)

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 120

Amount Per Serving	% Daily Value	
Chromium (as chromium picolinate)	200 mcg	167%

## How to take Chromium

There are several forms of chromium; the form for depression is:

Chromium picolinate 600mcg (micrograms) per day.

It can be taken all at once, with or without food. Chromium is available at most health-food stores and pharmacies.

–Updated 7/27/2024 by Chris Aiken, MD