



# AIM GlucoChrom™



GlucoChrom is a dietary supplement that provides a unique combination of trace minerals and herbs that may assist in maintaining healthy blood sugar levels.

## How is GlucoChrom Unique?

- Formulated with a non-synthetic, highly bioavailable source of chromium
- Contains the amount of chromium tested to be effective in blood glucose maintenance
- Encourages the activity of enzymes that convert sugar into a storable source of energy

## Approach

Data from the 2020 National Diabetes Statistic Report from the Center for Disease Control and Prevention reported that 13 percent of Americans have been diagnosed with diabetes or are suffering undiagnosed. It was further estimated that 88 million Americans were prediabetic in 2018.<sup>1</sup> In recent years, the risk of diabetes in children and adolescents has increased dramatically due to rising rates of obesity. The standard North American diet, which is low in dietary fiber and rich in processed sugars, fats and simple carbohydrates, contributes to an imbalance in the body's ability to manage glucose levels.

## Blood Sugar

When we eat, the body breaks down the carbohydrates in foods to produce glucose, the sugar that fuels our cells and provides them with vital energy for healthy functioning. It is extremely important for the blood glucose level to remain stable. If it is elevated, the pancreatic hormone insulin is secreted to encourage uptake of glucose by the cells. Ideally, the pancreas secretes just the right amount of insulin to efficiently metabolize glucose.

If insulin levels are consistently high, insulin resistance may develop. In this case, the pancreas pumps out insulin, but the cells are unable to properly respond, so glucose remains in the bloodstream, creating a circulating source of inflammation throughout the body.

Insulin resistance frequently leads to weight gain because high insulin levels force the body to store fat rather than burn it as energy. For those who are overweight or obese, a chronic blood sugar imbalance makes weight loss very difficult. Normal insulin levels aid in the breakdown of stored fats and sugar, making weight loss possible.

## Key Benefits and Features

- Helps maintain healthy blood sugar levels
- Promotes the reduction of body fat and increase of lean muscle mass (when combined with a healthy diet and exercise)
- 60 vegan capsules

One element that plays such a vital role in the insulin-glucose process is chromium. Chromium is considered to be insulin's cofactor. Chromium assists insulin by helping it to gain access to the cell membrane, allowing glucose to enter the cells where the body can use it.

## GlucoChrom

As part of a healthy diet and lifestyle, GlucoChrom is a beneficial supplement for those trying to maintain healthy blood sugar levels. The ingredients in GlucoChrom may also promote fat loss or the maintenance of lean body mass.

## Chromium (200 mcg per capsule)

GlucoChrom's chromium is derived from *Saccharomyces cerevisiae* yeast that has been organically bound to trivalent chromium, offering an easily absorbed form of this trace mineral that the body recognizes as food.

As always, AIM is committed to finding the most bioavailable ingredients, especially this natural form of chromium that is more efficacious than synthetic forms such as the chromium nicotinate or picolinate commonly found in chromium supplements.

Even though chromium deficiency is not very common in young individuals, chromium depletion escalates as we age.<sup>2</sup> On average, women consume up to 29 mcg per day and men 54 mcg.<sup>3</sup> Symptoms of chromium deficiency include



glucose intolerance, which can lead to fatigue and nerve pain. Chromium regulates the movement of glucose out of the blood and into the cells, thus maintaining stable blood sugar levels.

### **Vanadium Citrate (37.5 mcg per capsule)**

Vanadium is an essential trace mineral needed for cellular metabolism. Vanadium appears to play a role in healthy pumping of the heart muscle as well as strengthening of bones and teeth.

### **Gymnema Sylvestre Leaf (4:1 extract)**

This woody climbing plant, native to India, has long been used for its medicinal properties, favored for long-term use as a supplement for stabilizing blood sugar. Additionally, *Gymnema sylvestre* promotes a reduced caloric intake by blocking sweet receptors in the taste buds and thereby reduces cravings for sweets.<sup>4</sup>

### **Bitter Melon Fruit (*Momordica Charantia*)**

Bitter melon, also known as balsam pear, is a tropical fruit that grows in Asia, East Africa and South America. Bitter melon increases the activity of hexokinase and glucokinase, the enzymes in the body that convert sugar into glycogen, which is then stored in the liver and used later for energy.

### **Additional recommendations:**

- Drink plenty of water daily.
- Perform 30 minutes of cardio exercise daily and reduce calories, fats and alcohol for best results.
- Recommended for use with AIM's Peak Endurance, ProPeas and Fit 'n Fiber.

### **FAQs**

#### **Who should use GlucoChrom?**

Anyone who wants to maintain healthy blood sugar levels may benefit from using GlucoChrom. Those who want to promote fat loss and maintain healthy, lean body mass should consider using GlucoChrom.

#### **Is there anyone who should not use GlucoChrom?**

Do not use if pregnant or nursing. Consult a health care practitioner before use if taking insulin. Not recommended for children.

1 U.S. Department of Health and Human Services Centers for Disease Control and Prevention, 2020. National Diabetes Statistics Report 2020. 2-8.

2 A scientific review: the role of chromium in insulin resistance, 2004.

3 Office of Dietary Supplements - Dietary Supplement Fact Sheet: Chromium, n.d.

4 6 Impressive Health Benefits of Gymnema Sylvestre, n.d.

### **How to use GlucoChrom:**

- Take 1 capsule twice daily. Best taken before meals.
- Keep out of reach of children.
- Do not use if pregnant or nursing. Consult a health care practitioner before use if taking insulin. Not recommended for children.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.



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