

# New Data on Nutrition 21's Chromax Chromium Picolinate Published in Nutrients

*Paper included a discussion on Chromax, which has been linked to preserving muscle during fat loss.*

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[Nutrition 21, LLC](#) lauded the publication of a new study in *Nutrients*, which highlighted the company's fitness and body composition ingredient, Chromax.

The paper was titled "Body Composition Changes in Weight Loss: Strategies and Supplementation for Maintaining Lean Body Mass, a Brief Review," and discussed common issues associated with weight loss, highlighting that while many weight loss programs on the market are successful at helping consumers lose weight, any actual fat loss is often accompanied by a loss in lean body mass, which makes it harder to maintain positive weight loss and has been linked to negative health implications.

The publication was authored by three renowned experts: Darryn Willoughby, Ph.D., FACSM, CSCS, CISSN, FISSN, is an internationally recognized scholar currently serving as a Professor and the Director of Exercise and Nutritional Biochemistry and Molecular Physiology at Baylor University. He is also the former President of the International Society of Sports Nutrition, has published more than 100 peer-reviewed research manuscripts, and serves on the editorial board of five scientific journals; Susan Hewlings PhD, RD, is a Professor at Central Michigan University in their graduate nutrition program; and Douglas Kalman PhD, RD, FACN, FISSN, is a Nutrition Specialist and Adjunct Professor at Nova Southeastern University in Davie, Florida. Dr. Kalman, is also the co-founder of the International Society of Sports Nutrition. Collectively, these three respected health professionals have published and presented at numerous national and international sport, nutrition and exercise physiology conferences over the past twenty years.

The paper included a discussion on Nutrition 21's Chromax chromium picolinate, which seemed to display the strongest data related to a positive impact on the type of weight

that was being lost during a weight loss program (demonstrating that it helped to better preserve muscle while fat was still being lost).

Nutrition 21's Chromax, which is covered by various patents in the U.S. and abroad, is a form of dietary chromium that is different from other forms of chromium available on the market due to its stable chemical structure and superior absorption. Chromax is clinically substantiated for both its efficacy and safety and provides numerous health benefits to the end consumer, including but not limited to: support for healthy glucose metabolism; assistance in weight management and food cravings; mood support; and enhanced cognitive function.

"While reduced calorie weight loss programs used by consumers can be effective and provide short-term success, the larger issue is that many fail to keep weight off long-term because of the significant loss in muscle, or lean body mass, resulting in a decrease in metabolism," said James Komorowski, MS, CNS, chief science officer at Nutrition 21. "It's encouraging to see how Chromax enabled subjects to achieve weight loss primarily from body fat, while maintaining their lean body mass, providing supportive evidence that incorporating chromium picolinate (Chromax) into a reduced calorie diet plan can markedly help maintain lean body mass."

"Consumers who are looking to maintain their lean body mass and enhance their weight loss regimen should be sure to look for the Chromax logo on high-quality weight management products in order to achieve their overall weight loss and body composition goals," commented Nutrition 21 Vice President of Sales, Todd Spear.

Consumer benefits shown to be directly linked to Chromax supplementation include:

- Significant improvements in body composition (when used along with a weight loss program)
- Significant reductions in carbohydrate cravings and appetite
- Helps to maintain muscle mass during weight loss