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Higher Dosage of Chromax Brand Chromium GRAS Affirmed

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The higher dosage level was self-affirmed GRAS by an independent panel.

Chromax brand chromium is now Generally Recognized as Safe (GRAS) at a higher daily dose of up to 2,000 mcg, according to the ingredient’s supplier [Nutrition 21](#) (Purchase, NY). The higher dosage level was self-affirmed GRAS by an independent panel after reviewing safety data compiled by science and regulatory consultant Spherix Consulting Inc.

GRAS affirmation indicates an ingredient’s safety for use in food and beverages. In general, there is a scarcity of functional ingredients that are GRAS affirmed at the higher levels that match the dosages used in clinical studies substantiating health benefits, says James Komorowski, MS, CNS, vice president of research and development for Nutrition 21.

“This new, higher-level GRAS status now enables functional beverage and food manufacturers to utilize all of Chromax’s clinically supported claims,” he says.

Chromax is targeted to health conditions such as weight management, cognitive function, mood, and healthy glucose metabolism, according to Nutrition 21.

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