

2. Herbal Magic's claims regarding the efficacy of Chromagic are supported by clinical evidence.

As stated on the bottle, Herbal Magic claims that Chromagic provides "support for healthy glucose metabolism and helps the body to metabolize fats and proteins".

This claim was provided to Health Canada as part of Herbal Magic's application to receive a Natural Product Number (NPN). That application was approved and Chromagic was issued NPN 80007504, as shown on the bottle. The claim was based on the following human-based (not rats, as Ms. Johnson asserted) clinical studies with significant sample sizes:

- a. "Chromium picolinate and biotin combination improves glucose metabolism in treated, uncontrolled overweight to obese patients with type 2 diabetes" by CA Albarracin et al published in *Diabetes/Metabolism Research and Reviews* 2008

Research with 474 subjects with Type 2 diabetes were enrolled and received either chromium and biotin or placebo for 90 days. Results improved for key diabetic markers in the treatment group. Authors concluded that chromium/biotin combination may be used as an adjuvant to anti-diabetic therapy to improve glycemic control in overweight to obese individuals with type 2 diabetes and indicated that chromium and biotin play essential roles in regulating carbohydrate metabolism

- b. "Effects of chromium picolinate supplementation on body composition: a randomized double-masked, placebo controlled study" by GR Kaats et al published in *Current Therapeutic Research* 1996

A randomized, double-blind, placebo-controlled study in 154 patients found that patients on chromium had a significant improvement in body composition

- c. "A randomized double-masked, placebo-controlled study of the effects of chromium picolinate supplementation on body composition: a replication and extension of a previous study" by GR Kaats et al published in *Current Therapeutic Research* 1998

A repeat study to verify results of the original study using 122 patients supported the initial findings that chromium has significant improvements in body composition with a reduction in weight as well as percentage body fat.