

**Comments on:**

**“Clinical Evidence shows link between increased metabolism, reduced cravings, appetite suppression and weight loss.”**

Here we've got four studies that suggest potential mechanisms of action chromium might therapeutically have but ones that did not actually test any potential therapeutic effects; 3 mouse studies (and again, people aren't just gigantic mice); an open label trial meaning patients were aware that they were taking something to help them with weight loss and meaning that the study really isn't one we can draw conclusions with, where the patient population selected was those who were "complaining the most"<sup>i</sup> and where the study was funded by the makers of the supplement involved; and lastly a paper that discusses how one can indeed combine prescription drugs with a behavioural weight management program but which does not discuss the use of chromium even once.

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<sup>i</sup> (g) Blum. Clinical evidence for the effectiveness of Phencal in maintaining weight loss in open-label controlled, 2-year study. In Current Therapeutic Research 1997