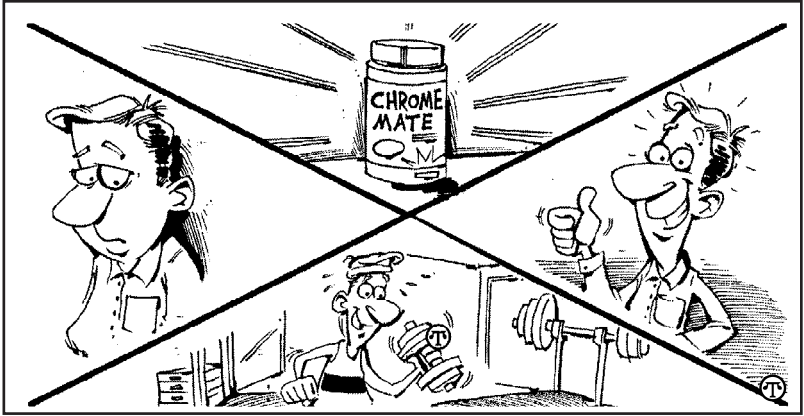


# HEALTH AWARENESS

## Do You Have Syndrome X?



**A dietary supplement may help prevent an all-too-common condition called Syndrome X.**

(NAPSA)—Between 60 and 75 million Americans have a potentially serious medical condition, and most are completely unaware of it. Known as Syndrome X, many researchers believe that it is a root cause of many life-threatening conditions, including obesity, diabetes and cardiovascular disease.

Also known as Metabolic Syndrome, Syndrome X is caused by a combination of factors, including heredity, lifestyle and diet, all linked together by a condition known as insulin resistance. Insulin transports glucose (blood sugar) into the body's cells, where it is used for energy and stored for future use.

When a person is insulin resistant, glucose transport is impaired. When this happens, the body compensates by releasing more and more insulin, resulting in elevated insulin levels (called "hyperinsulinemia") and causing blood sugar, blood pressure, cholesterol levels and body weight to increase.

The good news is that Syndrome X can be both prevented and reversed. Among the recommendations are:

- Lose excess weight.
- Maintain a diet low in carbohydrates, fat and sugar.
- Avoid alcohol and nicotine.
- Exercise at least three times a week.

Nutritional supplements also play an important role. Studies show that chromium, taken as a dietary supplement, can help maintain and even improve symptoms associated with Syndrome X,

including elevated blood cholesterol, blood sugar and blood pressure; hyperinsulinemia; and excess body fat. According to the USDA, the diets of nine out of 10 Americans are deficient in this essential trace mineral, which may help explain the prevalence of Syndrome X.

When choosing a chromium supplement, it is important to understand that not all are created equal. Generally, less than two percent of the most common form of chromium—chromium chloride—is actually absorbed and used by the body (bioavailable). There is, however, a patented form of niacin-bound chromium, called ChromeMate®, that is absorbed and retained more than six times better than chromium chloride, and more than 300 percent better than chromium picolinate.

Studies have shown that ChromeMate can also aid in weight loss by increasing fat loss, while sparing lean muscle. Research has shown that this unique complex is the safest and most potent form of chromium available as a dietary supplement.

Made by InterHealth Nutraceuticals, a leading manufacturer of high quality nutritional ingredients, ChromeMate is available at local vitamin and health food stores under several brand names. Look for the ChromeMate name or logo on the bottle. For more information about this and other top-quality nutritional ingredients, visit the company's Web site at [www.InterHealthUSA.com](http://www.InterHealthUSA.com).