

Nutrition News

Carbohydrate Cravings May Signal A More Serious Medical Problem

(NAPSA)—Can't help yourself? Do you just have to eat that bowl of pasta, that big piece of cake? And when you do, even though you feel a little guilty, do you feel better?

A new study published in the *Journal of Psychiatric Practice* found that people who were diagnosed with atypical depression, the most common subtype of depression, and who also experienced carbohydrate cravings, achieved relief from their cravings when they took a simple mineral—chromium picolinate.

People who crave carbohydrates—cravings as intense as those associated with pregnancy—might also have mood disorders or underlying body chemistry problems related to insulin regulation.

“The exciting news is that this natural element, chromium picolinate, may significantly reduce these symptoms and is available in once-daily capsules,” said the study's lead investigator John Docherty, M.D. “A supplement that effectively reduces carbohydrate craving, is well-tolerated and has low side-effects would be a very useful contribution to improve overall health outcomes.”

Despite its name, atypical depression is very common and occurs in as many as 25-42 percent of the 19 million Americans diagnosed with depression. People with atypical depression often experience cravings for sweets



and carbohydrates, weight gain, lethargy, heavy feelings in the arms and legs, excessive sleepiness and feelings that are easily hurt.

“Carbohydrate cravings may signal the presence of a more serious underlying medical condition and physicians and mental health professionals need to be more alert to patients who report this as a symptom,” Dr. Docherty said.

The chromium picolinate supplement, Chromax®, used in the study is developed by Nutrition 21, a bioscience company that researches, develops and markets chromium-based nutrition products. The U.S. Food and Drug Administration has recently allowed a qualified health claim for chromium picolinate that confirms that it is safe for use as a dietary supplement. For more information, visit www.chromax.com or call 1-866-Chromax (1-866-247-6629).