

Nutrition Science News

Natural Products Research and Innovation

Promising supplements for blood-sugar control

Supplement	Dose	Side Effects	Comments
Chromium Picolinate	200 to 1,000 mg/day	Earlier lab studies suggested a risk of chromosomal abnormalities. No toxic effects have been seen in animals or humans.	May help lower blood sugar and aid weight loss.
Cinnamon	1 to 5 g/day cinnamon; 500 mg/day water-soluble cinnamon extract	Whole cinnamon contains cinnamaldehyde, which is toxic in large doses. Water-soluble cinnamon extract contains active compounds, but not cinnamaldehyde.	May help lower blood sugar and improve insulin resistance.
Magnesium	At least 360 mg/day	Mild gastrointestinal symptoms such as diarrhea, mild abdominal pain and gas.	May help prevent type 2 diabetes and lower blood sugar in those already diagnosed.