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Inconclusive study on chromium causes consumer alarm

Complementary Medicines Australia (CMA) contests the recently published study in the chemistry journal *Angewandte Chemie* linking chromium III effects on mice cells with cancer as inconclusive and unable to make a meaningful contribution to human use.

CMA chief executive officer, Mr Carl Gibson, highlighted that the study looked at the injection of chromium III directly into mice fat cells, which does not take into account the physiological mechanisms of chromium handling by the body.

“There are many biochemical processes that take place in human nutrition, and the transport of nutrients around the body to active sites, including excretion or storage, was not included in the researchers’ methodology.”

“Chromium III’s safety had been supported by evaluations from international authorities, including the European Food Standards Authority (EFSA) and World Health Organisation (WHO). Scientific opinion on the long term safety of chromium establishes that no credible data or reports have shown adverse effects in humans from its consumption, and animal data also suggest that orally administered chromium is extremely innocuous.”

“While it is important that any recommendation for supplementation of complementary medicines takes into account associated risk, any alarmist reports resulting from this study ignore the totality of scientific evidence in human clinical trials that have provided strong support for the safety of chromium supplements,” said Mr Gibson.

CMA encourages consumers who have any concerns about chromium supplementation to contact their doctor or healthcare practitioner.

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