

IR = Insulin Resistance MiraChrome™ = First Aid

By Andrea Weyer Donaghy

The primary symptom of Equine Metabolic Syndrome (EMS) is insulin resistance (IR). We at Virginia Equine Research deal with this issue on a weekly, if not daily basis, for horses across the U.S., because of our chromium supplement, **MiraChrome™**.

What is MiraChrome™ and how does it help? EMS has three components: 1) IR, 2) Obesity, and 3) Laminitis. The IR horse has a decreased sensitivity to insulin, which regulates the amount of glucose (sugar) in the bloodstream, and as a result, higher amounts of insulin are released than normal. “High levels of circulating insulin...could put such a horse at risk for development of laminitis.”¹

Chromium is known to enhance the action of insulin, thereby reducing the amount of insulin released, and has been recognized as such by the National Institutes of Health (NIH), the Cambridge Journals, and the American Journal of Clinical Nutrition. The Linus Pauling Institute states, “A *biologically active* form of chromium participates in glucose metabolism by enhancing the effects of insulin.”²

However, not all chromium supplements are created equal; some forms are poorly absorbed (chromium chloride, chromium yeast, and chromium niacin — niacin is known to *cause* insulin resistance).³ Our **MiraChrome™** is highly bio-available, safe and affordable — about \$0.50 per day — a liquid that can be accurately measured and easily dosed.

And while “too many horses eat too many groceries. ... The objective of all equine feeding programs should be...to satisfy *nutrient* requirements for growth, maintenance, or work while maintaining optimal body condition. Optimal should not be confused with maximal or obese.”⁴ **MiraChrome™** provides the optimal chromium requirement for protection against the EMS “triple-threat.”

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Institute***

¹ Nancy S. Loving, DVM. “New Insulin Resistance Test Method for Horses (AAEP 2011).” The Horse, 20 March 2012.

² <http://lpi.oregonstate.edu/infocenter/minerals/chromium>.

³ Vijaya, Komorowski, Juturu & James. “Chromium supplements, glucose, and insulin responses.” The American Journal of Clinical Nutrition, Vol. 78, July 2003: 190.

⁴ “Equine Metabolic Syndrome: More Unknowns than Knowns.” <http://www.ker.comlibrary/equine/v9n2/v9n214.pdf>. n.d. On line, PDF.