

— Vitamins, Minerals & Dietary Fatty Acids

Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

Hide

CHROMIUM, BLO...
(mcg/L)

<0.5

Range: <=1.2

CHROMIUM, BLOOD

(mcg/L)



Result Comments

Chromium is an essential element needed in small quantities in the diet. It is thought to help utilize carbohydrates, fats, and proteins. The amount of chromium in fruits and vegetables is dependent on the chromium in the soil and water.

For more information, visit <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.