

## **2.0 Rationale and Aim of the Review**

Chromium has been suggested as an effective weight loss supplement, capable of burning fat and increasing muscle mass and this will form the first topic of discussion. The purpose of this review is to investigate the efficacy of chromium supplementation for enhancing body composition parameters and physical performance. This was achieved through systematic review of relevant studies which comply to particular selection and exclusion criteria. A novel feature of this review was the qualitative and quantitative assessment of the methodology of each study using the Jadad, 3-item quality assessment scale for control of bias (Jadad et al. 1996).

The findings of existing studies into chromium supplementation were analysed to determine if any provide information regarding the questions posed below:

- Does chromium supplementation enhance body composition or physical performance?
- Does gender, body-mass/fat-mass or age influence effect?
- Does chromium dose influence effect?
- Does chromium form influence effect?
- Does exercise, or type of exercise influence effect?