



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Vanadium

Vanadium is used for treating diabetes, low blood sugar, high cholesterol, heart disease, tuberculosis, syphilis, a form of “tired blood” (anemia), and water retention (edema); for improving athletic performance in weight training; and for preventing cancer.

There is some evidence that vanadium might act like insulin, or help to increase the effects of insulin.