Chromium levels have been found to be reduced in the red blood cells of individuals with glaucoma. All glaucoma patients should have their chromium tested. Chromium test is very simple and it is based on a taste test. A 1% solution of Chromium Chloride is placed under the tongue and the patient reports the “taste”. A very weak taste like water implies a deficiency in chromium. A strong taste indicates adequate levels of chromium.

Chromium deficiency causes a decrease in utilization of glucose which is necessary for ciliary muscles of focusing to function optimally. “Fatigue Syndrome” This is a syndrome of eye strain after long periods of reading with improper reading glasses. an elevation in intra-ocular pressure related to the number of hours of eye strain doing close work, Lack of chromium may also be another factor that contributes to this Fatigue Syndrome.

Vanadium which is major inhibitor of chromium causes an increase in intra-ocular pressure, topical vanadium drops caused an increase in intra-ocular pressure.