



# Inositol



## Clinical Applications

- Supports Emotional Wellness, Behavior and Mood\*
- Supports Overall Relaxation\*
- Promotes Healthy Ovarian Function\*
- Helps Maintain the Proper Metabolism of Serotonin\*
- Aid in Attaining a Restful Night's Sleep\*

*Inositol is a key cell membrane component and messenger in our neuro - communication system that signals release of serotonin and norepinephrine.<sup>†</sup> It also triggers other cell functions related to glucose and fat metabolism\**

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**Inositol** is one of the most versatile nutrients for promoting brain wellness, a positive and relaxed outlook, and restful sleep. It also is one of the most crucial nutrients for promoting female hormonal health through its role in supporting optimal liver function.

**Inositol** is a component of the B-complex family. It is found in many plants and animals. It is also produced in the human body and can be made in a laboratory. Inositol can be found in many forms (called isomers). The most common forms are myo-inositol and D-chiro-inositol.

**Myo-inositol** is the form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. As a result, inositol may support healthy mood, emotional wellness and behavior, and help lessen occasional nervous tension. Research also suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function, and reproductive system function.

**D-chiro-inositol** is a member of a family of related substances often referred to collectively as "inositol". This stereoisomer of inositol is a critical second messenger mediating cellular responses to insulin. Embedded in cell membranes, D-chiro-inositol is part of a glycosyl phosphatidylinositol complex that is hydrolyzed into two bioactive molecules upon exposure to insulin. These molecules regulate glucose disposal by activating pathways in which glucose is either converted to glycogen for storage or oxidatively metabolized to produce energy. Studies show D-chiro-inositol is involved in proper insulin and glucose metabolism and may have a role in maintaining normal lipid profiles, cardiovascular function, and ovarian function. It may also help regulate inflammatory stress and modulate serotonin activity.\*

**Recommended Use:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 capsule	
Amount Per Serving	% Daily Value
Inositol	900 mg *

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

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### Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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