

Inositol

DESCRIPTION

Inositol, provided by Douglas Laboratories, supplies 650 mg of inositol, also known as myo-inositol, for neurological health, behavior and mood stability, and healthy ovarian function. †

FUNCTIONS

Inositol is found in all animal tissues, with the highest concentration found in the brain and heart. It is a component of the outer lining of all cells in the body, contributes to muscular and nerve function, and also plays a role in helping the processing of fats by the liver.

Endogenous inositol is an essential component of cell membrane phospholipids. Inositol is a constituent of the intracellular phosphatidyl inositol second messenger system, which is linked to serotonin, norepinephrine, and cholinergic receptors. Inositol contains a variety of stereoisomers, including myo-inositol and D-chiro-inositol. Myo-inositol is the most abundant form in the central nervous system. Researchers think that D-chiro-inositol isomer induces may support insulin sensitivity and healthy testosterone levels in women with ovarian disorders. †

INDICATIONS

Inositol may be a useful dietary adjunct for individuals who wish to support emotional wellness and mood stability.

FORMULA (#80801)

Each Capsule Contains:

Inositol (as myo-inositol)..... 650mg

SUGGESTED USE

As a dietary supplement, adults take 1-2 capsules daily or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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REFERENCES

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- Gelber D, Levine J, Belmaker RH. Effect of inositol on bulimia nervosa and binge eating. *Int J Eat Disord* 2001 Apr;29(3):345-8
- Levine J. Controlled trials of inositol in psychiatry. *Eur Neuropsychopharmacol*. 1997;7:147–155.
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- Nestler JE, Jakubowicz DJ, Reamer P, et al. Ovulatory and metabolic effects of D-chiro-inositol in the polycystic ovary syndrome. *N Engl J Med* 1999;340:1314-20.

For more information on Inositol visit douglaslabs.com

† 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.

Manufactured by
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**You trust Douglas Laboratories.
Your patients trust you.**