

## 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

- Benjamin J, Levine J, Fux M, et al. Double-blind, placebo-controlled, crossover trial of inositol treatment for panic disorder. *Am J Psychiatry*. 1995;152:1084–1086.
- Fux M, Levine J, Aviv A, et al. Inositol treatment of obsessive-compulsive disorder. *Am J Psychiatry*. 1996;153:1219–1221.
- 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.
- Palatnik A, Frolov K, Fux M, Benjamin J. Double-blind, controlled, crossover trial of inositol versus fluvoxamine for the treatment of panic disorder. *J Clin Psychopharmacol* 2001 Jun;21(3):335-9
- 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](http://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  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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Your patients trust you.**