

Cyto·Inositol

For improved mental health, blood sugar regulation, ovarian and hormonal function. 4 grams of pure myo-inositol per scoop.

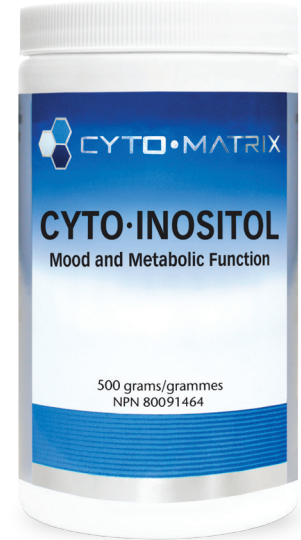
Each scoop contains:

Inositol (myo-inositol)

4g

500 grams powder

Vegan. Gluten, soy and dairy free.



Inositol is a naturally occurring isomer of glucose and an important nutrient in the B-vitamin family. As a key component of the cellular membrane, it is involved in communication and signaling between cells. Specifically, inositol increases the sensitivity of cell receptors and has been demonstrated to increase the receptor sensitivity for serotonin, acetylcholine, norepinephrine, insulin and thyroid hormones.

Given inositol's crucial function in regulating multiple metabolic and hormonal pathways, it should come as no surprise that research has found that inositol can play a role in a wide

range of clinical indications. For example, daily doses of inositol in the range of 12-8 grams/day have been studied for its beneficial effects on mood regulation. At more moderate doses of 1-4 grams/day, inositol has been shown to effectively regulate insulin receptor sensitivity and improve fertility in women with polycystic ovarian syndrome (PCOS). When combined with folic acid, inositol has been demonstrated to improve in vitro fertilization (IVF) rates. Moreover, another study found that this same combination of nutrients was more effective at inducing ovulation and achieving pregnancy in infertile women with PCOS when directly compared to

Key points

- Inositol is a B-vitamin like compound that improves cell communication through increased receptor sensitivity
- Inositol has been studied for its ability to regulate mood, improve various markers of polycystic ovarian syndrome such as ovulation, insulin levels, blood sugars and fertility, and also improve thyroid health
- Each scoop offers 4 grams of pure myo-inositol
- Provided in a 500 gram container for variable dosing regimens

metformin. Finally, low doses of myo-inositol have found additional benefits for thyroid health, when combined with selenium, to reduce antibody levels in the blood.

It is noteworthy that inositol exists within the body as both myo-inositol or d-chiro-inositol and that inositol can also be supplemented in either of these forms. Although tissue levels vary, myo-inositol is the predominant form within the central nervous system and is found in a 40:1 ratio to d-chiro-inositol in the plasma. Both forms have

demonstrated insulin-like effects and effectiveness in PCOS women when it comes to ovarian and metabolic function, while myo-inositol offers the most research to support its use in mood disorders.

Cyto-Inositol provides 4 grams of pure myo-inositol per scoop in order to provide an evidence-based amount in each serving, allowing for tailored doses depending on clinical concerns and goals. **Cyto-Inositol** is unflavored and delivered in a 500 gram container.

Related products

Ashwagandha Matrix
Chromium Matrix with Vanadium
Cyto ALA
Cyto Theanine
GABA
Metabolism Matrix
Mood Matrix
Progesterone Matrix
Relax Matrix
Rhodiola rosea extract
Seleno-sorb
Thyroid Matrix

Indications: Inositol helps promote ovulatory function, improves oocyte quality, promotes healthy glucose metabolism, and menstrual regularity in those with PCOS. At 3 scoops, inositol helps support healthy mood balance.

Directions: Adults - For PCOS: take 1 scoop per day or as directed by a healthcare professional. For mood: take 1 scoop, 3 times per day or as directed by a healthcare professional.

Duration of use: Consult a healthcare professional for use beyond 3 months.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant, breastfeeding, if you are bipolar or taking Lithium. Consult a healthcare professional if symptoms persist or worsen or if you experience nausea, tiredness, headache, dizziness, abdominal pain, flatulence or soft stools. To ensure timely treatment of a serious cause of infertility, consult a healthcare professional prior to use.

Known Adverse Reactions: At 3 scoops per day, it may cause gastrointestinal discomfort (nausea, diarrhea, flatus).



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