Myo-Inositol

Inositol (or *myo*-inositol) is among the B-vitamin complex and often referenced as "vitamin B_8 ." It exerts hormone-like benefits for blood-sugar regulation as well as mood-related brain signaling, and distinct benefits for those afflicted with polycystic ovarian syndrome (PCOS).

PCOS is a common cause of infertility, with symptoms including irregular menstrual frequency; not releasing an egg during menstruation (anovulation); ovarian cysts; and undesirable, systemic male-pattern hair growth.

Improved insulin receptivity for cells is among the most important benefits inositol delivers for alleviating PCOS. As a natural insulin sensitizer, inositol stimulates ovarian cell growth and embryo development. It's an affordable, organic compound that's a great alternative to type-two prescription drugs taken alone or as part of assisted reproductive therapy (ART).

Inositol is also an integral component of healthy cell membranes, which strengthens their resistance to oxidative stress (OS). OS is caused when the by-products of normal oxygen metabolism are produced faster than the body's antioxidant network can neutralize them. Supplementation with inositol for patients with PCOS can definitely safeguard the delicate process of egg-cell formation critical for fertility.



Vitazan Professional's Myo-Inositol is sourced from non-GMO rice and manufactured with adherence to stringent USP standards.

As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism.

Indication	Design	Outcomes	Ref.
Depression and anxiety disorders	Meta-analysis of 7 RCTs (two bipolar depression studies, one bipolar depression and major depressive disorder [MDD] study, two MDD studies, and two premenstrual dysphoric disorder [PMDD] studies) ($n = 242$) were identified. Four RCTs in anxiety disorders (two obsessive-compulsive disorder studies, one panic disorder study, and one posttraumatic stress disorder study) ($n = 70$) were also identified.	No effects on anxiety, depression or OCD symptoms, but marginal more responders in depression and marked superiority in PMDD. Marginal GI upset.	[1]

Clinical Studies of myo-Inositol

The first company in the industry to have invested in an ISO 17025–accredited laboratory to test for identity, potency, oxidation, disintegration, purity, and more.





Comparison of <i>myo</i> -inositol to metformin in PCOS	Randomized controlled trial of 60 women aged 18–40 assigned to either myo-inositol ($n = 30$) or metformin ($n = 30$).	After 12 weeks, compared to metformin, <i>myo</i> -inositol significantly decreased total testosterone and hs-CPR. Other hormonal or inflammatory markers showed no significance.	[2]
Hashimoto's thyroiditis	Randomized controlled trial of 168 patients with Hashimoto's thyroiditis, with serum TSH between $3-6 \mu IU/ml$ and elevated antibodies, assigned to either <i>myo</i> -inositol (600 mg) and selenomethionine (16.6 mg) or selenomethionine alone (16.6 mg).	A statistical significant difference in TSH values (primary outcome measure) was observed in the Se+ <i>myo</i> -inositol from baseline and compared to controls. Similar trends were observed for anti-TPO and free T_4 . No difference was observed for T_3 . Antithyroid antibody did not show significant from baseline, but did demonstrate a significant variance between the two groups. Subjective quality of life was better among all participants but statistically better in the SE+ <i>myo</i> -inositol group.	[3]
Bipolar depression	Twenty-four consenting adults with bipolar I ($n = 21$) or bipolar II ($n = 3$) received either 12 g inositol or placebo for 6 weeks. Thymoleptic medications were continued unchanged.	50% in the inositol group compared to 30% in placebo group had "much" or "very much" improved in the Hamilton Depression Rating scale and the Clinical Global Improvement scale. These findings were not statistically significant.	[4]
Psoriasis in bipolar patients taking lithium	Randomized, double-blind, placebo- controlled study of 15 patients taking lithium versus not taking lithium.	Inositol significantly improved psoriasis symptoms in patients taking lithium, but not for patients not taking lithium.	[5]
Panic disorder	Double-blind, placebo-controlled, crossover study of 20 patients taking 1 month of 18 g/d inositol and 1 month of fluvoxamine.	Ratings on the Hamilton Depression rating scale, Clinical Global Improvement scale, and agoraphobia scores were similar in both groups. Average number of panic attacks per week were less in the inositol group, and nausea and tiredness were more common in the fluvoxamine group.	[6]
Eating disorder	A double-blind, crossover trial using 18 g of inositol versus placebo in 12 patients for 6 weeks in each arm.	Inositol significantly better than placebo on the Clinical Global impression scale, visual analogue scale, and the eating disorders inventory.	[7]
Obsessive- compulsive disorder	Thirteen patients with obsessive- compulsive disorder completed a double-blind, placebo-controlled, crossover trial of 18 g/d of inositol or placebo for 6 weeks each.	The subjects had significantly lower scores on the Yale- Brown Obsessive Compulsive Scale when taking inositol than when taking placebo.	[8]

References

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Each scoop contains:

myo-Inositol

Directions of use: Adults: Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner.

Duration of use: Consult a health-care practitioner for use beyond 6 weeks.

Cautions and warnings: For adult use only. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding; and to ensure timely treatment of a serious cause of infertility. Discontinue use and consult a health-care practitioner if you experience nausea, tiredness, headache, dizziness, abdominal pain, flatulence, or soft stools. Consult a health-care practitioner if symptoms persist or worsen. Consult a health-care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression.

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