

# Inositol

## Helps Support the Nervous System and Cardiovascular Health

Inositol, found in the membranes surrounding each cell, plays a key role in the body's complex internal communication system. It is required to transfer the body's chemical orders from the bloodstream to the inside of the cell where they can be filled. Neurotransmitters and hormones travel through the blood and attach to the outside of cell membranes, stimulating the release of an inositol compound. Inositol migrates inside the cell to trigger a multitude of specific functions, which include secretion of digestive juices and histamine, muscle contraction, glucose production, and clotting assistance.<sup>†</sup>

Nowhere in the body is fast, reliable, neuro-communication more important than in the brain and central nervous system. These tissues contain relatively high amounts of inositol, which may help maintain mental well-being.<sup>†</sup>

## How Inositol Keeps You Healthy

### *Maintains mental health*

The role of inositol in mental functioning continues to be analyzed in today's medical research. Inositol may be involved in regulating the key neurotransmitter, serotonin. Inositol supplements can actually lower the pool of inositol in one part of the brain, most likely through a feedback mechanism. Small-scale studies suggest inositol helps maintain a more consistent and even emotional mood. Other studies have found inositol supplementation helps people moderate emotional response to sudden life changes.<sup>†</sup>

### *Promotes normal fetal neural tube development*

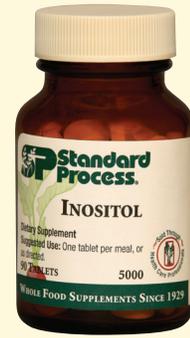
Preliminary animal evidence indicates that inositol promotes normal fetal development.<sup>†</sup>

### *Supports normal infant nerve and lung system development*

Adequate amounts of inositol are essential for proper infant development—for both the central nervous system and the lungs. Inositol supplementation helps protect and support healthy lung development.<sup>†</sup>

### *Helps keep your colon healthy*

Animal research suggests that inositol compounds may play a role in promoting colon health.<sup>†</sup>



Introduced in 1948



Vegetarian

**Content:**  
90 tablets

**Suggested Use:** One tablet per meal, or as directed.

**Supplement Facts:**

Serving Size: 1 tablet  
Servings per Container: 90

	Amount per Serving	%DV
Calories	2	
Inositol	400 mg	

**Ingredients:** See Supplement Facts.

Other Ingredients: Honey and calcium stearate

**Sold through health care professionals.**

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)

<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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## What Makes Inositol Unique

### Product Attributes

#### Provides 400 mg of inositol

- › Inositol, derived from corn, is part of the B-complex vitamins and acts as an important catalyst in energy reactions that involve the metabolizing of some fats and sugars
- › Inositol plays a prominent role in supporting smooth muscle contraction†

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Inositol.

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