

## **Myo-Inositol + Complex 200 grams**

### **Description**

#### **Product number B087 Myo-Inositol + Complex 200 grams**

Myo- and D-Chiro-Inositol in physiological 40: 1 ratio

Inositol used to be considered a B-vitamin-like substance by biochemists, but it is not, strictly speaking, because humans can make it themselves in small amounts. Nine stereoisomers of inositol exist. Myo-inositol and D-chiro-inositol are two forms of inositol (epimers) that occur naturally in our diet and are part of the cell membranes in humans and play a role in various signaling processes in cells. In humans, myo-inositol is the most common form and D-Chiro inositol is present in smaller amounts; for example, in human plasma, myo-inositol and D-chiro-inositol normally occur in a physiological ratio of 40: 1.

#### **Ingredients per 2 level scoops (approximately 3.4 grams of powder):**

Myo-Inositol 3317 mg

D-Chiro-Inositol <sup>™</sup> \* 83 mg

Excipients: none

\* From the pods of Ceratonia siliqua (carob tree).

*This product is non-GMO and suitable for vegetarians and vegans.*

#### **Usage and warnings:**

Adults take 1 well-level measuring scoop (1 measuring scoop = approximately 1.7 grams of powder) 2 to 3 times a day, dissolving in water or juice. Do not exceed recommended dosage. Keep out of reach of children. Do not use during pregnancy and lactation. Do not use in hypersensitivity to any of the ingredients in this product. Close packaging well after use and store dry.