

Inositol Powder

100 grams

Item Catalog Number: 00108

Inositol is a key intermediate of secondary messengers and a primary component of cellular membrane phospholipids which is involved in a number of biological processes. Inositol has been found to be essential for calcium and insulin signal transduction, and serotonin activity modulation.^{228,229} Recent research indicates inositol is beneficial for stabilizing moods.²³⁰⁻²³⁷

References

Supplement Facts

Serving Size 1/4 rounded teaspoon (approx. 1 gram)

Amount Per Serving

Inositol 1000 mg

Other ingredients: none.

Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take 1/4 rounded teaspoon daily with food, or as recommended by a healthcare practitioner.

Caution

High doses of inositol can cause diarrhea in some individuals.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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