

# Inositol



## Benefits of Inositol

- Has a relaxing effect which promotes a more restful sleep
- Works in the liver along with phosphatidyl choline to help relieve female hormonal problems such as PMS, fibroid tumors and fibrocystic breast disease
- Useful in the treatment of depression, agoraphobia, panic disorder and obsessive compulsive disorder
- Helpful in alleviating the symptoms of diabetic neuropathy
- May be essential for a healthy pregnancy, especially in diabetic mothers
- Promotes retinal and lung health
- May be useful in the treatment of Alzheimer's Disease

## *For Relaxation, Brain Wellness and Female Hormonal Health*

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Inositol is one of the most versatile nutrients for promoting brain wellness, a positive and relaxed outlook, and restful sleep. It also is one of the most crucial nutrients for promoting female hormonal health through its role in supporting optimal liver function. Inositol also helps maintain healthy serotonin metabolism, and by so doing helps treat many conditions that involve poor serotonin function, including depression, agoraphobia, panic disorder,<sup>1</sup> and obsessive compulsive disorder.<sup>2</sup> Inositol also helps prevent and treat pediatric respiratory distress syndrome.<sup>3</sup> Recent studies have also looked into its pain relieving ability. Low levels of inositol occur in patients with diabetes, renal failure, and multiple sclerosis, suggesting inositol may be of benefit here as well.

### *Signs of inadequate inositol intake include:*

- Difficulty falling asleep
- PMS, fibroid tumors, and other problems caused by female hormonal imbalance
- Depression
- Anxiety

### **NATURE'S SLEEPING PILL**

Taking inositol naturally helps the body achieve a more relaxed state. Inositol is prized by many for its ability to promote a more restful sleep. Taken during the day, inositol can help relieve anxiety and promote a more even-tempered mood. Inositol should be taken directly before bedtime to improve sleep quality.

### **PROMOTING FEMALE HORMONAL HEALTH**

Inositol works in partnership with phosphatidyl choline (PC) to help the liver metabolize hormones such as estrogen and progesterone. By so doing, inositol helps alleviate PMS, fibrocystic breast disease, fibroid tumors, and a range of other health problems caused by female hormonal imbalance. Inositol and PC are must supplements for anyone taking female hormone replacement therapy.

### **ALLEVIATING DEPRESSION**

Depressed patients have lower levels of inositol in their brain. Research shows that taking 6-12 grams of inositol per day for four weeks significantly improves mood and reduces the severity of depression.<sup>4</sup> Inositol can be safely used along with antidepressant medications.<sup>5</sup>

### **TREATING OTHER AILMENTS**

6 grams per day of inositol has helped increase cognitive function in Alzheimer's patients. The same dose has been found helpful in relieving diabetic neuropathy symptoms.<sup>6</sup> Inositol may also be useful in the treatment of multiple sclerosis by promoting increased nerve conduction. Inositol may turn out to be an essential nutrient for a healthy pregnancy in humans, as animal studies have demonstrated it can prevent folic acid-resistant neural tube defects.<sup>7</sup> Inositol may be of particular importance in diabetic pregnancies.<sup>8</sup> Inositol supplementation during pregnancy should only be done with the guidance of a health care practitioner and should not exceed 1,000 mg per day.

### **TAKING INOSITOL**

For general health, a more restful sleep, and an overall positive outlook, start with ½ teaspoon of inositol powder per day. For promoting female hormonal balance, one teaspoon or more per day is helpful. For relieving depression, anxiety, agoraphobia, OCD and panic attacks, 1-4 teaspoons should be used.<sup>9</sup> Inositol powder has a naturally sweet, pleasant taste and mixes easily in water.

### **References**

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