



# Inositol (powder)

Introduced 2008



## What Is It?

Inositol is a component of the B-complex family. It supports healthy central nervous system function, including emotional wellness, healthy mood and behavior. Additionally, it may promote ovarian health.\*

## Uses For Inositol (powder)

**Emotional Wellness:** Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol second messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. As a result, inositol may support healthy mood, emotional wellness and behavior, and ease occasional nervous tension.\*

**Ovarian Function:** Research suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function and reproductive system function.\*

## What Is The Source?

Myo-inositol is derived from rice bran.

## Recommendations

Pure Encapsulations® recommends 2 scoops, 1-2 times daily, with or between meals, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Rarely, inositol has been associated with nausea, fatigue, headache or dizziness. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

## Inositol (powder)

two scoops (approximately 4.2 g) contain v  
inositol (as myo-inositol) ..... 4.2 g  
serving size: approximately 4.2 g (2 scoops)  
servings per container: 60  
2 scoops, 1-2 times daily, with or between meals, or as directed by a health professional.