

Myo-Inositol Complex

Support for Healthy Ovarian Function*

Myo-Inositol Complex is a comprehensive formula that supports healthy ovarian function and promotes hormonal balance. It combines research-backed ingredients known to support optimal blood glucose balance that may help promote regular menstrual cycles and healthy fertility.

How Myo-Inositol Complex Works

Healthy ovarian function is a result of healthy endocrine and metabolic systems along with balanced reproductive hormones. ¹ Each of the ingredients in Myo-Inositol Complex work together to support optimal blood glucose balance since this is key to healthy ovarian function. ¹

Inositol and D-chiro-inositol are members of the B-complex family and are important components of cell membranes. They work together as secondary messengers relaying signals to support optimal blood glucose balance. *1 They also promote healthy follicle-stimulating hormone, testosterone synthesis, and balanced androgen. *1,2,3 The inositol pathway plays a critical role in ovulation by promoting regular menstrual cycles based on healthy balanced hormones. *1,2,3

Chromium (as chromium picolinate) is foundational to the formula for its powerful ability to promote reproductive health by supporting ovulation. A Research shows that chromium supports optimal blood glucose balance, but it also helps support healthy body mass index, another factor in balancing hormones.

Fenugreek extract and cinnamon bark are both backed by extensive clinical studies showing their ability to help support optimal blood glucose balance. *6,7,8,9 Much of the research has focused on how the antioxidant properties of each help support healthy menstrual cycles and promote hormonal balance. *6,7,8,9

Myo-Inositol Complex Supplementation

The ingredients in Myo-Inositol Complex are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting healthy ovarian function.

Clinical evidence and research cited herein shows that the ingredients in Myo-Inositol Complex may:

- Support optimal blood glucose balance*
- Support healthy ovarian function
- Support female reproductive health
- Promote female hormonal balance*
- Support healthy menstrual cycles



Form: 180 Capsules Serving Size: 6 Capsules

Ingredients	Amount	%DV
Chromium (as chromium picolinate)	200 mcg	571%
Myo-Inositol	3,902 mg	**
Fenugreek Extract (seed; Trigonella foenum-graecum	500 mg)	**
Ceylon Cinnamon Powder (bark; Cinnamomum verum)	300 mg	**
D-Chiro-Inositol	97 mg	**

Other Ingredients:

Hypromellose, vegetable magnesium stearate, silica.

Directions:

Take six capsules daily in two divided doses, or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.







GLUTEN-FREE DAIRY-FREE

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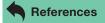




NON-GMO

PRODUCED IN A cGMP FACILITY

 These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



References:

- 1. Kalra B et al. Indian J Endocrinol Metab. 2016;20:720-724
- 2. Benelli E et al. Int J Endocrinol. 2016;2016:3204083.
- **3.** Unfer V et al. Int J Endocrinol. 2016;2016:1849162.
- 4. Fazelian S et al. J Trace Elem Med Biol. 2017;42:92-96.
- **5.** Sedigheh A et al. *Iran J Reprod Med.* 2013;11(8):611-618.
- **6.** Bashtian MH et al. *Iran J Pharm Res.* 2013;12(2):475-481.
- 7. Mohamady NM et al. QJM: Int J Med. 2018;111(1).
- 8. Borzoei A et al. J Tradit Complement Med. 2018;8(1): 128-133.
- 9. Dou L et al. Reprod Bio Endocrin. 2018;16:99.