

# Inositol Powder



## DESCRIPTION

Inositol Powder provides 500 milligrams per serving of pure inositol powder. Its slightly sweet flavor makes it easy to mix into water and drinks.

## FUNCTIONS

Although inositol has been referred to as “vitamin B-8,” it is not classified as a vitamin because humans can synthesize it from glucose. Other names include hexahydroxycyclohexane or cyclohexanehexol. It is a component of every cellular membrane in the body and particularly concentrated in the heart and brain. It is specifically found in the phospholipids of cellular membranes and plays critical roles in several biochemical pathways, including acting as cellular mediators of signal transduction, metabolic regulation, and growth. It contributes to the function of nerves and muscles and helps the liver process fats. There is some evidence to suggest that inositol may help support a healthy mood for those people suffering from panic disorders or for people under stress.

## INDICATIONS

Inositol Powder is a useful dietary supplement for maintaining normal cellular processes as well as helping support a healthy mood for those suffering from panic disorder or for people under stress.

## FORMULA (WW #10256)

### One ¼-Teaspoon Contains:

Inositol ..... 500 mg

Our Inositol is a slightly sweet, odorless crystalline powder. It is readily soluble in water or juice.

This product contains NO added sugar, salt, dairy, yeast, wheat, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1/4 teaspoon in eight (8) ounces of water or juice daily, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Palatnik A, Frolov K, Fux M, Benjamin J (2001). “Double-blind, controlled, crossover trial of inositol versus fluvoxamine for the treatment of panic disorder”. *Journal of Clinical Psychopharmacology* 21 (3): 335–339.  
Levine J, Barak Y, Gonzalves M, Szor H, Elizur A, Kofman O, Belmaker RH. (1995). “Double-blind, controlled trial of inositol treatment of depression”. *American Journal of Psychiatry* 152 (5): 792–794.

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