



ADVANCED
ORTHOMOLECULAR RESEARCH

AOR CODE: AOR04059

Premium

Inositol Caps

\$31.45 CAD

Protect Your Cells

- A key component for healthy cells
- Supports healthy cell growth and formation
- Available in capsule and powder form for varied dose and therapeutic effect



 Gluten Free  Vegan  Non-GMO Hormonal Health

AOR Code	Variant	Price
AOR04059	90 VEGI-CAPS	\$31.45

Details

Inositol (or myo-inositol) is a B-vitamin-like molecule often used to help regulate blood sugar, manage polycystic ovarian syndrome (PCOS), and manage mood disorders such as anxiety. Inositol is a precursor to phosphatidylinositol, which is central to the phosphoinositide cycle. This cycle is essential to multiple brain signaling systems, delivering messages from a variety of hormones and neurotransmitters (brain messenger-molecules) from receptors on the nerve cell membrane to the inside of the cell. Essentially, inositol helps to improve the sensitivity of various receptors, which in turn helps to balance mood and blood sugar in cases of PCOS.

Research suggests that high doses of inositol can address the symptoms of behavioural and compulsive disorders, particularly those related to mood imbalances and worrying. Signaling systems dependent on the phosphoinositide system include neurotransmitters, which are key targets for antidepressant drugs. Recent research also supports a role for lower doses of inositol in cellular defense and normal cell growth and differentiation, especially in combination with I-P-6 (inositol hexaphosphate or phytate). Those suffering with poor regulation of blood sugar, polycystic ovarian syndrome (PCOS), or mood disorders such as anxiety may benefit from Inositol. It is also useful for people concerned with healthy cellular growth and differentiation.

Label Info

Discussion

Inositol Caps contain myo-inositol, a B-like vitamin. Inositol is important for cellular defence and normal cell growth, signaling, and differentiation, especially in combination with inositol hexaphosphate (IP6).

Product Variation

Product Code	Size
AOR04059	90 VEGI-CAPS

Supplements Facts

Serving Size: 1 Capsule	Amount	% Daily
myo-Inositol	500 mg	

sodium stearyl fumarate. Capsule: hypromellose.

Guarantees

AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

Adult Dosage

Take 1 capsule daily with/without food, or as directed by a qualified health care practitioner.

Cautions

For adult use only. Consult a health care practitioner prior to use if pregnant or breastfeeding.

Source

Oryza sativa (rice bran)

Main Application

Cellular growth and differentiation

Mood

Disclaimer

The information and product descriptions appearing on this website are for information purposes only, and are not intended to provide or replace medical advice to individuals from a qualified health care professional. Consult with your physician if you have any health concerns, and before initiating any new diet, exercise, supplement, or other lifestyle changes.

Research Background

Inositol (myo-inositol) is a B-vitamin-like simple polyol. Most people take small quantities of this

nutrient in their multivitamins or B-complex pills without thinking about it.

Research

Eating Disorders Twenty-four bulimic or binge eating patients took part in a double-blind, placebo-controlled crossover trial in which, after an initial run-in period, they took either 18 grams of inositol powder or a sugar placebo for six weeks each. They then switched over to taking the substance, which they had not taken in the previous period, again for six weeks. No one knew which sweet powder a given person was taking at a given time. When the

Market Trends

Inositol is a simple b-like vitamin with a phenomenal therapeutic capacity that is underappreciated. Inositol is also marketed under the name myo-inositol, which is essentially inositol. Inositol has various configurations in 3-dimensional space, one of them being myo-inositol. All inositol molecules will take on the configuration of myo-inositol at one time or another. Another form of inositol is inositol hexaphosphate (IP6). This is a different compound, but the two combined have excellent synergism for healthy cellular growth and differentiation.

AOR Advantage

AOR offers inositol both in capsule form and in powder form because inositol can have different therapeutic effects at varying doses. In smaller doses such as in the capsules, inositol helps

References

Gelber D, Levine J, Belmaker RH. Effect of inositol on bulimia nervosa and binge eating. Int J Eat Disord. 2001 Apr; 29(3): 345-8. Levine J. Controlled trials of inositol in psychiatry. Eur Neuropsychopharmacol. 1997 May; 7(2): 147-55. Levine J, Barak Y, Gonzalves M, Szor H, Elizur A, Kofman O, Belmaker RH. Double-blind, controlled trial of inositol treatment of depression. Am J Psychiatry. 1995 May; 152(5): 792-4. Levine J. Controlled trials of inositol in psychiatry. Eur Neuropsychopharmacol. 1997 May; 7(2): 147-55. Palatnik A, Frolov K, Fux M, Benjamin J. Double-blind, controlled, crossover trial of inositol versus fluvoxamine for the treatment of panic disorder. J Clin Psychopharmacol. 2001 Jun; 21(3): 335-9.