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

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. Inositol can be safely used along with antidepressant medications.

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. 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. Inositol may be of particular importance in diabetic pregnancies. 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. Inositol powder has a naturally sweet, pleasant taste and mixes easily in water.

References

To place an order, or for more information, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com

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