

Myo-Inositol Powder

Presentation

A soluble fine white powder.

Typically per 4g:

Myo-Inositol 4g

Suitable for vegetarians  and vegans 

quantity
200g

type
powder

code
8079



Uses

Myo-Inositol, closely associated with the vitamin B-complex, is just one of nine different types of inositol. It is produced in the body and is also the form most commonly found in nature, such as in foods like fruits, beans and nuts.

Myo-Inositol plays an important role as the structural basis for a number of secondary messengers and in recent years has been studied extensively in relation to its role in insulin signalling. Supplementation has become popular and it is now widely recommended by practitioners, particularly for those with Polycystic Ovary Syndrome (PCOS).

Lamberts® powdered pure Myo-Inositol is 100% natural and affords an easy and convenient way to supplement the diet with daily doses of 4g, which is the level used in the majority of studies. Many inositol capsules contain just 500mg.

Our highly soluble, pleasant tasting powdered form is suitable for vegetarians and vegans, and is easily mixed into a glass of water or juice.

Usage and administration

4g of powder daily can be added to water or fruit juice and stir.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

