

Inositol

*For relaxation, brain wellness and female hormone balance**

Inositol is a versatile nutrient for promoting brain wellness, a positive and relaxed mental outlook, and restful sleep.* It is also one of the most crucial nutrients for promoting female hormonal health through its role in supporting optimal liver function.*

Once considered a member of the B-vitamin family, inositol was deemed “non-essential” when it was discovered that the human body can synthesize inositol from glucose. However, as is the case for many other nutrients, there are certain situations that may benefit from supplementing with inositol at levels above that which the body would typically produce.

Inositol occurs naturally in a variety of foods—fruit, in particular—but due to being bound to other compounds, it is not as bioavailable in other foods that would otherwise be good sources, such as grains and beans.

Inositol supports overall relaxation and facilitates proper metabolism of serotonin, often referred to as a “feel good neurotransmitter.” Healthy serotonin levels may help support a positive mental outlook and a healthy response to everyday stress. Through promoting overall brain wellness, inositol may also help the body cope with occasional anxiety and stressful situations.*

This underappreciated nutrient may also help support a restful night’s sleep. Sometimes called “nature’s sleeping pill,” inositol naturally helps the body achieve a more relaxed state. Taken during the day, inositol may help promote a more even-tempered mood, while if taken directly before bedtime, it may support better sleep quality.*

In addition to its role in brain health and bolstering balanced moods, inositol may help with female hormonal balance by supporting healthy liver function. The liver is a key organ in the detoxification and clearance of excess hormones, such as estrogen and progesterone, so proper support for these pathways may facilitate healthy hormone levels. Inositol also plays a role in supporting insulin sensitivity and proper carbohydrate metabolism, which may contribute to healthy blood sugar levels.*

Recommended Use:

Capsules: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

Powder: As a dietary supplement, mix 725 mg (approximately ¼ teaspoon) in water per day or as directed by your health care practitioner.

Benefits*:

- Promotes relaxation; may help support restful sleep
- Helps support balanced moods and a positive mental outlook
- Influences healthy female hormone levels
- Supports insulin sensitivity and proper carbohydrate metabolism



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

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