

# Inositol

5000

Please Copy for Your Patients

## Inositol Helps Support the Nervous System and Cardiovascular Health

Inositol, found in the membranes surrounding each cell, plays a key role in the body's complex internal communication system. It is required to transfer the body's chemical orders from the blood stream to the inside of the cell where they can be filled. Neurotransmitters and hormones travel through the blood and attach to the outside of cell membranes, stimulating the release of an inositol compound. Inositol migrates inside the cell to trigger a multitude of specific functions, which include secretion of digestive juices and histamine, muscle contraction, glucose production, and clotting assistance.†

Nowhere in the body is fast, reliable, neuro-communication more important than in the brain and central nervous system. These tissues contain relatively high amounts of inositol, which may help maintain mental well-being.†

## How Inositol Keeps You Healthy

### Maintains mental health

The role of inositol in mental functioning continues to be analyzed in today's medical research. Inositol may be involved in regulating the key neurotransmitter, serotonin. Inositol supplements can actually lower the pool of inositol in one part of the brain, most likely through a feedback mechanism. Small-scale studies suggest inositol helps maintain a more consistent and even emotional mood. Other studies have found inositol supplementation helps people moderate emotional response to sudden life changes.†

### Promotes normal fetal neural tube development

Preliminary animal evidence indicates that inositol promotes normal fetal development.†

### Supports normal infant nerve and lung system development

Adequate amounts of inositol are essential for proper infant development—for both the central nervous system and the lungs. Inositol supplementation helps protect and support healthy lung development.†

### Helps keep your colon healthy

Animal research suggests that inositol compounds may play a role in promoting colon health.†



**Introduced in:**

1948

**Content:**

90 Tablets

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90

		%DV
Calories	2	
Inositol	405 mg	

Inositol 5000



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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## What Makes Inositol Unique

### Unique Product Attributes

This is a vegetarian product

Provides 405 mg of inositol

- Inositol, derived from rice, is part of the B-complex and acts as an important catalyst in energy reactions that involve the metabolizing of some fats and sugars
- Inositol plays a prominent role in supporting smooth muscle contraction†

### Unique Processing

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

Each tablet supplies 405 mg inositol.

**Other Ingredients:** Honey and calcium stearate.

**Suggested Use:** One tablet per meal, or as directed.

**Sold to health care professionals.**

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Inositol.

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