

NEW | WOMEN'S FORMULAS

# Inositol Complex

SUPPORTS EMOTIONAL WELLNESS, HEALTHY INSULIN RESPONSE AND OVARIAN FUNCTION<sup>‡</sup>

Designed to support healthy glucose homeostasis and insulin function.<sup>‡</sup>

Supports healthy ovarian function and reproductive system function.<sup>‡</sup>

Maintains serotonin and cholinergic receptor function to support emotional wellness.<sup>‡</sup>



Promotes healthy glucose homeostasis and insulin function<sup>‡</sup>



Supports healthy ovarian function<sup>‡</sup>



Supports emotional wellness<sup>‡</sup>

Formulated for patients who need **emotional wellness and ovarian health support<sup>‡</sup>**



## Supplement Facts

As a dietary supplement, take 1 capsule, 2 times daily.

Serving size: 1 vegetarian capsule  
Servings per container: 60

One (size 00) vegetarian capsule contains:

Myo-inositol	550 mg
D-chiro inositol	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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**If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Women's Formulas



Inositol Complex	Quantity	Order Code
	60	INC6

PEOP-INC6-0722NPNP

<sup>‡</sup>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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**pure**  
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# Inositol Complex

## Features:

- Contains 150 mg of **D-chiro inositol** and 550 mg of myo-inositol per capsule
- Offers clinically researched **3.6:1 ratio** myo-inositol to D-chiro inositol



## The Science:



**Inositol** is a component of the B-complex family. The predominant form of inositol in the body and central nervous system is myo-inositol. Myo-inositol plays an important role in cell membrane formation and serves as part of the phosphatidylinositol second messenger system, supporting serotonin, norepinephrine and cholinergic receptor function.<sup>1</sup> Optimal levels of inositol have been associated with positive mood, emotional wellness and helping lessen occasional nervous tension.<sup>2</sup> It also acts as a second messenger to support healthy insulin signaling.<sup>3†</sup>

**D-chiro inositol** is another isomer with distinct functions in the body from myo-inositol. While it also acts as a second messenger to support healthy insulin signaling, D-chiro inositol helps promote the cellular response to insulin as well.<sup>3</sup> D-chiro inositol also plays a role in maintaining healthy androgen metabolism.<sup>4†</sup>

## The importance of the 3.6:1 ratio myo-inositol to D-chiro inositol

**3.6:1**

The combination of myo-inositol and D-chiro inositol helps to support healthy ovarian function and reproductive system function. A 2019 comparison study suggests that a 3.6:1 ratio of myo-inositol:D-chiro inositol **supports reproductive function** when compared to an alternate (40:1) ratio. Twelve weeks of supplementation with 550 mg myo-inositol and 150 mg D-chiro inositol twice daily (3.6:1 ratio) was found to offer support for oocyte quality and healthy pregnancy.<sup>5</sup> Two additional studies indicate that supplementation with a 3.6:1 myo-inositol:D-chiro inositol ratio for 6 months supported healthy menstrual regularity, luteinizing hormone/follicle-stimulating hormone (LH/FSH) ratios and glucose homeostasis.<sup>6,7†</sup>

Order your supply at: [PureEncapsulationsPro.com/Inositol-Complex](https://PureEncapsulationsPro.com/Inositol-Complex)

## REFERENCES

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6. Kachhawa G, et al. *Int J Gynaecol Obstet*. 2021 Oct 8.

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