

## INOSITOL

**Inositol** (or myo-inositol) is essential to multiple brain signaling systems, as it improved the sensitivity of various receptors, therefore enhancing the delivery of messages from a variety of hormones and neurotransmitters. This assists hormones, such as insulin and neurotransmitters (serotonin and dopamine), to work more effectively.

Inositol is sometimes known as vitamin B8, but is a B-vitamin-like compound that acts as a precursor to signal transduction in the brain. Inositol is not considered a vitamin itself because the body is able to synthesize it. It plays an important role as the structural basis for a number of secondary messengers in eukaryotic cells, including inositol phosphates, phosphatidylinositol (PI) and phosphatidylinositol phosphate (PIP) lipids. It is found in many foods such as: cereals with high bran content, nuts, beans, and fruit, especially cantaloupe, melons and oranges.

Inositol is used for:

- Blood sugar regulation
- PCOS (polycystic ovarian syndrome)
- Diabetic nerve pain
- High cholesterol
- Insomnia
- Panic, anxiety disorders
- Reduce symptoms of low mood/anxiety
- Cancer – when combined with IP6
- Depression, mood imbalance
- Schizophrenia
- Behavioral and compulsive disorders
- Alzheimer's disease
- Attention deficit-hyperactivity disorder (ADHD)
- Autism
- Promoting hair growth
- Psoriasis
- Treating side effects of medical treatment with lithium
- Metabolizing fats so that they don't accumulate in the liver
- Eating disorders

**Doses:** Daily doses will vary depending on the condition you are treating. Up to 2.5 – 3 tsp. (12–18 grams) per day have been shown to be effective in double-blind trials as an intervention for depression, anxiety, and obsessive-compulsive disorder.

**Standard dosing:** 1.5 tsp (7.5 grams) twice per day.

<http://www.aor.ca/en/product/inositol-powder>  
<https://store.truehope.com/ca/inositol.html>