

Myo Inositol Powder 100% Natural 200 g

EAN: 5055148411251 **FABRICANTE:** LAMBERTS



100% Natural and highly soluble. Myo-Inositol, (also called Myo Inositol and Mioinositol or Mio Inositol in Spanish), closely associated with the B vitamin complex, is one of nine different types of inositol (some sources often refer to this nutrient as vitamin B8).

DESCRIPTION

Easy to take. Highly soluble powder.

? Easy to mix with water or juices.

? High solubility.

? Pleasant taste.

? Less than 7 calories per serving.

? Each bottle provides 50 doses (lasts 50 days).

? Includes measuring spoon.

? Lactose and gelatin free.

? Suitable for vegetarians and vegans.

It is produced in the body and is also the most commonly found form in nature, in foods such as fruits, whole legumes, dried plums, brewer's yeast and nuts.

Interestingly, large amounts of inositol are found in the nerves of the spinal cord, brain and cerebral spinal fluid, and it is also a component of cell membranes.

Myo-Inositol plays an important role as a structural basis for a number of secondary messengers and has been extensively studied in recent years in relation to its role in insulin signaling.

Most sources suggest a daily intake of 100 mg to 1,000 mg per day for maintenance and for more nutritionally specific purposes health professionals recommend 4,000 mg, based on published studies.



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Myo-inositol is nontoxic and well tolerated.

We prefer myo-inositol over d-chiro-inositol as the myo form is believed to have 10 times greater absorption.

Powder presentation is the easiest and most economical way to supplement the diet with this nutrient, since a simple intake of 4 grams per day reaches the level used in most studies. However, with a capsule presentation, to achieve the dose of 4 grams, it would be necessary to take 8 capsules of 500 mg per day.

It is the ideal complement to Multi-Guard® Pregnancy for women who want to have a baby, as it provides other nutrients recommended before and during pregnancy and also during breastfeeding.

It is also a great complement to the Premtesse® formulation, recommended for younger women, as Premtesse® contains 20 nutrients, including vitamin B6, known to be very useful for women's premenstrual syndrome, and during their period, as well as other key nutrients for this stage. Among others, it contains magnesium and B vitamins that contribute to normal psychological function.

Myo-inositol is considered to be a nutrient that supports the nervous system and is helpful in other specific aspects of female wellness.

Supplementation has become popular and is widely recommended by health professionals, particularly for women with polycystic ovary syndrome (PCOS).

Suitable for vegetarians and vegans.

Note: Being a natural product, appearance may vary from batch to batch.

Presentation:

White soluble fine powder

Contributing: Per 4 gram dose

Myo-Inositol 4 g

4 g of powder daily can be mixed with a glass of water or fruit juice.

Suitable for vegetarians and vegans and is free of lactose and gelatin.



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Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast .

Precautions

This product is not recommended for pregnant or breastfeeding women.

Storage instructions

Store in a cool, dry place protected from light.

Instructions for use:

- Add a dose of 4 grams daily to water or juice and stir.
- Myo Inositol can be taken at any time of the day.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 50 days.

