

Essentials

Our Inositol is a high quality, odourless, soluble powder with sweet taste. It comes from a solvent free extraction process: only water is used in the production.



PRODUCT PROFILE SHEET

Although referred to as Vitamin B8 (and part of the B-Complex), Inositol is a form of sugar that the body naturally produces (synthesised in the body from glucose, by intestinal bacteria) which plays an important part in cell growth and functioning.

Inositol exists in all body tissues, with the highest concentrations in the brain and heart, and lens of the eye.

Inositol can be found in certain foods, including meat, fruits, corn, beans, grains and legumes. The body needs inositol in small amounts to stay healthy and although the human body can produce inositol from the carbohydrates found in foods, research suggests that taking inositol supplements may have numerous health benefits.

Product Advantages

- ✓ High-Quality Ingredient
- ✓ From selected approved partners
- ✓ Qualified and Approved by our Regulatory team
- ✓ Technical and Commercial support from our expert teams
- ✓ Odourless
- ✓ Water Soluble
- ✓ Suitable for Vegetarians & Vegans
- ✓ Kosher & Halal Certified
- ✓ 4 Year Shelf Life

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Research

Research has indicated that Inositol has positive effects on **mental health**, including conditions like depression, bipolar disorder, and anxiety disorders.^{1,2} One study in particular concluded that Inositol had a significant antidepressant effect on the participants.²

Additionally, Inositol has demonstrated advantages in managing **polycystic ovary syndrome (PCOS)**³, **metabolic syndrome**⁴, **insulin sensitivity**⁵, **gestational diabetes**⁶ and **obesity**⁷.

Product Range

LEHVOSS Code	Active Ingredients	Form
26000201	Minimum 97% Inositol	Powder

Product Dosage

No RDI has been set, but formulations on the market show a variety of dosages up to 12g, or more, a day.

About



LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

References

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3. Dorina Greff, et al: Inositol is an effective and safe treatment in polycystic ovary syndrome: a systematic review and meta-analysis of randomized controlled trials; *Published: 26 January 2023: https://doi.org/10.1186/s12958-023-01055-z*
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5. Inka Miñambres et al., Effects of inositol on glucose homeostasis: Systematic review and meta-analysis of randomized controlled trials, *Science Direct, Clinical Nutrition: Volume 38, Issue 3, June 2019, Pages 1146-1152.*
6. Amerigo Vitagliano et al. Inositol for the prevention of gestational diabetes, *Springer Link, Review, Published: 18 December 2018 volume 299, pages55-68 (2019)*
7. M Zarezaideh et al. Inositol supplementation and body mass index, *PubMed, Obes Sci Pract.* 2021 Oct 22;8(3):387-397. doi: 10.1002/osp4.569. eCollection 2022 Jun.