What is Inositol?

Inositol is an “unofficial” member of the B vitamin complex: vitamin B8. Inositol is water-soluble (can dissolve in water) and functions closely with choline and biotin (Vitamin B7).

Why is Inositol important and what does it do in the body?

Inositol combined with phosphorus as phosphatidyinositol, helps make cell membranes and is beneficial for individuals with liver disorders, diabetes and depression. The brain and spinal cord contain large amounts of inositol, which can improve mental ability and have a calming effect. It may also increase adiponectin, a weight-loss hormone secreted by fat cells.

Inositol helps lower cholesterol in the liver and also to maintain healthy skin. It also reduces oestrogen levels and may also prevent hair loss in men if taken with a B complex vitamin.

It may also help prevent high blood pressure (hypertension) and reduce anxiety. Both Dr. Karl Pfeiffer head of Brain Bio Nutrition Research Institute in New Jersey, USA and Dr Robert Atkins, founder of the Atkins Center for Alternative Therapy in New York, reported that a dose of 2,000mg of inositol taken before bedtime resulted in improved sleep.

What amount Inositol do you need each day?

No absolute daily allowance has been reported. The common dose used is 250-500mg per day.

The DRI (Daily Recommended Intake) /RDA (Recommended Daily Allowance) of dietary Inositol are listed below:

Please Note: By definition, the DRI/RDA recommendations apply only to 98% of healthy individuals and are not sufficient for those with higher nutrient requirements based upon their biochemical individuality, genetics, health status, medications, deficiencies, lifestyle, and toxic exposures.

RECOMMENDED DAILY ALLOWANCE
None established

OPTIMAL DAILY ALLOWANCE
50mg/Day
What are possible Inositol deficiency conditions and symptoms?

- Arteriosclerosis
- Constipation
- Depression
- Dermatitis
- Diabetes
- Hair Loss
- High blood pressure (hypertension)
- High cholesterol
- Hyper-excitability
- Low High Density Lipoprotein (HDL)
- Mood Swings and Irritability
- Obsessive compulsive disorder
- Skin eruptions
- Stress and Anxiety

What are possible Inositol toxicity symptoms?

There are no known side effects or toxicity associated with the administration of Inositol. It may be advisable to supplement calcium at the same time since phosphorus levels increase when Inositol is administered and this will keep the phosphorus levels under control.

What steals Inositol from the body?

- Estrogen
- Phytates
- Birth control pill
- Tea and Coffee
- Alcohol
- Sulfur drugs
- Processed Foods

Drugs Interaction:

- Carbamazapine (Carbatrol, Epitol, Equetro, Tegratol)
- Lithium and Valproic acid – Inositol may reduce the effectiveness of both drugs which may also reduce inositol levels in the brain.

What tests can be used to assess Inositol levels?

The blood level of inositol.
What foods contain the highest amounts of Inositol?

TOP 10 INOSITOL (AS D-CHIRO-INOSITOL OR VITAMIN B8) RICH FOODS ARE:

1. Chick peas
   760mg/100g
2. Brown rice
   700mg/100g
3. Wheat germ
   690mg/100g
4. Lentils
   410mg/100g
5. Beef liver
   340mg/100g
6. Egg yolk
   255mg/100g
7. Oranges
   210mg/100g
8. Peanuts
   210mg/100g
9. Peas
   160mg/100g
10. Cauliflower
    92mg/100g

What are the best Inositol products to purchase?
Lecithin but most B Complex vitamin supplements contain 100mg of Inositol and Choline

REFERENCES

Sidney. M.D, Pangborn. Jon Autism effective Biomedical Treatments 2005
Sharon. Michael Dr. Complete Nutrition 2002
Holford. Patrick The Optimum Nutrition Bible 2014
Laake. Dana Nutrient Chart (not published)

Groff. Advanced Nutrition and Human Metabolism 5th 2009
Gibson Principles of Nutritional Assessment 2nd Ed. 2007
Harpers review of Biochemistry. Lange Med 26 Ed 2009
Office of Dietary Supplements, NIH Fact sheets 2010
Balch. A. Phyllis CNC Prescription for Nutritional Healing 2002

All the statements, including product labels, supporting literature and/or product manufacturers websites have not been evaluated by FDA. These products are not intended to diagnose, treat, cure or prevent any disease.
Inositol (Vitamin B8)

What are the very best Inositol (Vitamin B8) products to buy?

**PRL Lecithin**
This granular product is made with premier quality lecithin (97% phosphatides) which has been tested by QRA™. Premier Lecithin Granules contains key unsaturated fatty acid phosphatidyl complexes for optimal brain and nerve …

**Klaire VitaSpectrum**
Powdered multiple vitamin/mineral supplement for children with Autism Spectrum Disorders. Natural berry-pomegranate flavor. This comprehensive multiple vitamin/mineral supplement contains 28 highly bioavailable …

**ProThera MultiThera 3**
Iron- and copper-free multiple formula. Both iron and copper have been eliminated from this version of MultiThera® to address the needs of patients who may have elevated tissue identical in all other respects to MultiThera® 1 …

**ProThera Thera-B**
B-complex with activated folate and B12. Thera-B™ provides a full-complement of essential B-complex vitamins and related nutrients in high potency amounts. Inclusion of Metafolin®** L-5- methyltetrahydrofolate (L-5-MTHF, a bioactive …

**Pure Caps Womens Pure Pack**
Women's Supplement to Support Bone and Heart Health. Now With Metafolin® L-5-MTHF. Sizes Available 30 packets. Each packet contains 6 different supplements, including …

**Pure Caps Mens Pure Pack**
Regardless of your walk of life, all men need to ensure that they get enough of an array of important nutrients. However, who wants to spend their time picking out supplements for a daily …