



Myo-Inositol Complex

Support for Healthy Ovarian Function*

Myo-Inositol Complex is a comprehensive formula that supports healthy ovarian function and promotes hormonal balance.* It combines research-backed ingredients known to support optimal blood glucose balance that may help promote regular menstrual cycles and healthy fertility.*

How Myo-Inositol Complex Works

Healthy ovarian function is a result of healthy endocrine and metabolic systems along with balanced reproductive hormones.*¹ Each of the ingredients in Myo-Inositol Complex work together to support optimal blood glucose balance since this is key to healthy ovarian function.*

Inositol and D-chiro-inositol are members of the B-complex family and are important components of cell membranes. They work together as secondary messengers relaying signals to support optimal blood glucose balance.*¹ They also promote healthy follicle-stimulating hormone, testosterone synthesis, and balanced androgen.*^{1,2,3} The inositol pathway plays a critical role in ovulation by promoting regular menstrual cycles based on healthy balanced hormones.*^{1,2,3}

Chromium (as chromium picolinate) is foundational to the formula for its powerful ability to promote reproductive health by supporting ovulation.*^{4,5} Research shows that chromium supports optimal blood glucose balance, but it also helps support healthy body mass index, another factor in balancing hormones.*⁴

Fenugreek extract and cinnamon bark are both backed by extensive clinical studies showing their ability to help support optimal blood glucose balance.*^{6,7,8,9} Much of the research has focused on how the antioxidant properties of each help support healthy menstrual cycles and promote hormonal balance.*^{6,7,8,9}

Myo-Inositol Complex Supplementation

The ingredients in Myo-Inositol Complex are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting healthy ovarian function.*

Clinical evidence and research cited herein shows that the ingredients in Myo-Inositol Complex may:

- Support optimal blood glucose balance*
- Support healthy ovarian function*
- Support female reproductive health*
- Promote female hormonal balance*
- Support healthy menstrual cycles*



Form: 180 Capsules

Serving Size: 6 Capsules

Ingredients	Amount	%DV
Chromium (as chromium picolinate)	200 mcg	571%
Myo-Inositol	3,902 mg	**
Fenugreek Extract (seed; <i>Trigonella foenum-graecum</i>)	500 mg	**
Ceylon Cinnamon Powder (bark; <i>Cinnamomum verum</i>)	300 mg	**
D-Chiro-Inositol	97 mg	**

Other Ingredients:

Hypromellose, vegetable magnesium stearate, silica.

Directions:

Take six capsules daily in two divided doses, or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Kalra B et al. *Indian J Endocrinol Metab.* 2016;20:720-724
2. Benelli E et al. *Int J Endocrinol.* 2016;2016:3204083.
3. Unfer V et al. *Int J Endocrinol.* 2016;2016:1849162.
4. Fazelian S et al. *J Trace Elem Med Biol.* 2017;42:92-96.
5. Sedigheh A et al. *Iran J Reprod Med.* 2013;11(8):611-618.
6. Bashtian MH et al. *Iran J Pharm Res.* 2013;12(2):475-481.
7. Mohamady NM et al. *QJM: Int J Med.* 2018;111(1).
8. Borzoei A et al. *J Tradit Complement Med.* 2018;8(1): 128-133.
9. Dou L et al. *Reprod Bio Endocrin.* 2018;16:99.