



Energy and Metabolism

Neuroendocrine and Cognitive Health

Vitamins and Minerals

Suggested Use

1 capsule twice daily with food or as directed by a healthcare professional.

Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, corn, and yeast. Contains no artificial colors, flavors, or preservatives.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. KEEP OUT OF REACH OF CHILDREN.

D-chiro-inositol has been studied for its role in supporting healthy insulin and glucose metabolism, maintaining normal lipid profiles, and promoting healthy cardiovascular and ovarian function.†

This stereoisomer of inositol is a critical second messenger mediating cellular responses to insulin. Embedded in cell membranes, D-chiro-inositol is part of a glycosyl phosphatidylinositol complex that is hydrolyzed into two bioactive molecules upon exposure to insulin. These molecules regulate glucose disposal by activating pathways in which glucose is either converted to glycogen for storage or oxidatively metabolized to produce energy.† Studies show D-chiro-inositol is involved in proper insulin and glucose metabolism and may have a role in maintaining normal lipid profiles, cardiovascular function, and ovarian function.† It may also help regulate inflammatory stress and modulate serotonin activity.† Derived from carob pods, D-Chiro-Inositol is recommended to support normal insulin function and blood sugar metabolism.†

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value	
D-Chiro-Inositol (from Chiroitol ^{®‡} carob extract) (Ceratonia siliqua)(bean)	150 mg	*

* Daily value not established

Other Ingredients:

Vegetarian capsule (hydroxypropyl methylcellulose, water), silicified microcrystalline cellulose, and calcium carbonate.

‡Chiroitol[®] is a registered trademark of Cyvex Nutrition, Inc.