

We Discuss the Nutritional Benefits of Inositol

Inositol is a part of the Vitamin B complex. Inositol effects nerve transmission, helps with transporting fats within the body. It is also required for proper development of cell membranes. Most dietary Inositol comes in the form of phytate. Inositol can be found in nuts and beans. It is also found in wheat and wheat bran, cantaloupe, and oranges. It is not a vitamin in the same way as other vitamins, however, it works with other vitamins, such as B6, B12, Choline, and methionine. These should all be taken together in conjunction with each other.

The Benefits of Inositol

Inositol Hexanicotinate

Inositol works with the nutrients we mentioned above to help minimize the build up of fats in the liver. Because of this, inositol is often used to treat a variety of liver problems and conditions. Inositol is also to lower blood cholesterol levels...due to this, those who consume a diet low in inositol are more susceptible of having cholesterol problems. There is actually little to no evidence of this, but it may help those with Diabetes and Bipolar Disorders. It may also help to treat anxiety and depression. At least there are no contraindications of its use in these conditions.

Other Benefits of Inositol

As we discussed above this nutrient is often used to counter depression; an important point to note is that, serotonin (a crucial brain neurotransmitter associated with our moods) needs inositol for the correct and proper functioning. Inositol exists within all human cells, where the nutrient plays an important role in cell proliferation and differentiation, both of which are vital functions relating to ones health. Current studies are going ahead and indicating this nutrient for possible anti-cancer properties...the initial results from various studies seem to be positive, however, more time and more studies will be needed to see what the research has to say.

Precautions

There is no strong data that would indicate the evidence of possible deficiencies. Diabetics have increased excretion of inositol. As a result, diabetics may benefit from supplementation. Once again there is no evidence of inositol toxicity issues. There are however, a few notes of caution that people should be aware of. People who have chronic renal failure should use inositol under a doctor's supervision. Large amounts of phytates could reduce the body's ability to absorb calcium, iron, and zinc. Women who want to become pregnant and those who already are, should only use inositol under the supervision of their physicians. The reason for this is that it may stimulate uterine contractions. Because it is not considered an essential nutrient, there is no RDA (Recommended Daily Allowance) set for this nutrient. We would advise refraining from consuming mega-doses, 500 mgs and over, until further studies confirm what level of this nutrient is optimal for ones health. A dosage of between 20 mgs and 75 mgs seems to be the best option.

Benefits of Inositol: Tips on Choosing a Inositol hexanicotinate Supplement

1. Obtain your product from pharmaceutical GMP compliant manufacturers. Such places comply with the strictest regulatory standards for the manufacture of nutritional supplements. This is an issue consumers need to take seriously because dietary supplements are unregulated in the U.S., and many products have been shown to contain contaminants or do not even contain what is stated on the label.
2. Be sure that you choose a product that does not contain any fillers or additives (examples include: sugar, starch, gluten, silica (sand!)) or any artificial colors or flavors of any kind.
3. As mentioned above, inositol works synergistically with B6, B12, Choline, and methionine. Because of this, we suggest taking all of these nutrients together for maximum efficacy and the best possible results to your health.

About the Author

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