

INOSITOL

What is INOSITOL?

Inositol is a simple carbohydrate, and a member of the Vitamin B group. Inositol exists naturally in the body and is important for brain, nerve and muscle function and may also help to detoxify the liver.

Dietary sources of inositol include nuts, seeds, whole grains and some fruits.

Patients with depression have been found to have lower levels of inositol in their body.

What is INOSITOL used for?

Supplementing inositol has been found to have an antidepressant effect and may help relieve symptoms of depression, bipolar disorder, panic disorders, anxiety and OCD (obsessive-compulsive disorder).

Inositol taken before bed may help improve sleep.

How to take INOSITOL

Inositol is compounded as a 500mg or 650mg capsule. Inositol doses vary depending on their intended use. A common dose is 1-2 capsules up to FOUR times per day as required. Daily doses up to 18g per day have also been used safely. Your doctor will prescribe an appropriate dose for you.

Safety

Side effects are rare; however nausea, tiredness, headache, and dizziness have been reported.

No drug interactions have been reported for inositol.

It is not known if inositol is safe for women who are pregnant or breastfeeding.

Storage

Inositol should be stored in a cool, dark place.

If you have any concerns or queries, please don't hesitate to contact one of our pharmacists on: 1300 696 337 or email goldcoast@acpharm.com.au

References

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