

Composition:

Each sachet contains

Myo-Inositol 2000mg

L-methylfolate 400mcg

Vitamin D3 400 IU

(Manufacturer Specs.)

MYO-INOSITOL

Inositol is a vitamin-like substance. It is found in many plants and animals. It is also produced in the human body and can be made in a laboratory. Inositol can be found in many forms (called isomers). The most common form is myo-inositol.

Some people take inositol by mouth for diabetes, nerve problems caused by diabetes, diabetes diagnosed during pregnancy (gestational diabetes), treating a disorder called metabolic syndrome and conditions associated with menopause and polycystic ovary syndrome (PCOS), including failure to ovulate, high blood pressure, high triglycerides, and high levels of testosterone.

It is also used to prevent complications during pregnancy such as neural tube birth defects (birth defects that involve the brain and spinal cord) and for preventing the side effects of a drug called lithium.

Health Benefits of Myo-inositol

Improves PCOS and Fertility

Polycystic ovarian syndrome (PCOS), a common hormonal disorder in women, causes ovulation problems, weight gain, insulin resistance, and increased male hormone levels. Myo-inositol improves fertility by lowering male sex hormones in both women with and without PCOS; but it could also improve ovulation in women with PCOS. Myo-inositol also reduces insulin resistance and increases estrogen levels.

In one clinical trial of 50 women with PCOS, myo-inositol reduced testosterone, luteinizing hormone (LH), and insulin levels after 3 months. After 6 months, it also safely reduced acne and unwanted, male-like, hair growth. A dose of 4g/day of myo-inositol was used in most studies to increase fertility and reduce PCOS symptoms over 1-6 months.

Helps with Diabetes and Insulin Resistance

Myo-inositol mimics the effects of insulin and enhances insulin sensitivity. Myo-inositol seems to be most beneficial for overweight women. Myo-inositol is beneficial for Gestational Diabetes Mellitus. Insulin resistance and diabetes complications may result from a myo-inositol deficiency, according to human and animal studies. This lack of myo-inositol can further reduce phosphatidylinositol, which worsens nerve damage and

neuropathies.

Metabolic Syndrome

Myo-inositol's insulin-sensitizing effects can help prevent or reduce metabolic syndrome, improve insulin resistance, reduce blood glucose, insulin, triglycerides, total cholesterol, and raised HDL .

Weight Loss

Women with PCOS struggle to lose weight. Supplemental myo-inositol is beneficial in reducing body mass and leptin levels.

May Increase Serotonin and Help Post Menopausal Syndrome (PMS)

Myo-inositol may act similar to commonly used antidepressants (SSRIs) since it boosts serotonin activity in the brain. By increasing serotonin, myo-inositol could potentially help with insomnia.

Increases Fertility in Men

The fertility-enhancing effects of myo-inositol are not limited to women. Myo-inositol improves sperm quality, sperm count, and fertility after 3 months. Myo-inositol could be used either as a supplement in men with fertility problems, or improve success rates of in vitro fertilization (IVF).

May Prevent Heart Disease

Myo-inositol may be most beneficial for preventing heart disease in people who are overweight and is especially helpful for women.

Helps with Prenatal Development

Pregnant and breastfeeding women should make sure to eat enough inositol-rich foods. Myo-inositol is crucial during pregnancy for prenatal growth. The fact that newborns have higher concentrations of it than in adults speaks to its importance for healthy development, especially in preterm babies.

Reduces Lithium Side Effects

Lithium is commonly used to treat bipolar disorder. Lithium can deplete inositol levels and cause psoriasis and dry scaly skin. In one clinical trial, inositol supplementation reduced these side effects in 15 patients taking lithium.

Boosts Skin Health

Myo-inositol supplementation reduced severe to moderate acne in women with PCOS. It could also reduce unwanted, masculine hair growth in women with high male sex hormones and insulin resistance.

SIDE EFFECTS AND SAFETY

Inositol supplements seem to be well-tolerated by most people. However, mild side effects have been reported with doses of 12 grams per day or higher. These include nausea, gas, headache, dizziness and tiredness.

Up to 4 grams of inositol daily has been taken by pregnant women in studies without adverse effects. There are also not enough studies to determine the safety of the supplements while breastfeeding. However, breast milk seems to be naturally rich in inositol.

L-METHYLFOLATE

Although folic acid is the common form of folate used for nutritional supplements and food fortification, it needs to be activated to provide nutritional benefit. Folic acid must be converted to tetrahydrofolate by the intestine and liver before it can be used by cells for critical folate dependent metabolic reactions. Many people have gene mutations that impair their ability to make bioactive folates especially L-5methyltetrahydrofolate (L-5MTHF). Some people have a genetic variant for the enzyme that reduces their ability to make L-5MTHF. These people are particularly vulnerable for folate deficiency.

Health Benefits of L-methylfolate

Contributes to maternal tissue growth during pregnancy
Contributes to normal amino acid synthesis
Contributes to normal blood formation
Contributes to normal homocysteine metabolism
Contributes to normal psychological function
Contributes to normal function of the immune system
Contributes to the reduction of tiredness and fatigue
Contributes to the process of cell division

VITAMIN D3

Vitamin D plays a physiologic role in reproduction including ovarian follicular development and luteinization via altering anti-mullerian hormone (AMH) signalling, follicle-stimulating hormone sensitivity and progesterone production in human granulosa cells. It also affects glucose homeostasis through manifold roles. The potential influences of vitamin D on glucose homeostasis include the presence of specific vitamin D receptor (VDR) in pancreatic β -cells and skeletal muscle, the expression of 1- α -hydroxylase enzyme which can catalyze the conversion of 25-hydroxy vitamin D [25(OH)D] to 1,25-dihydroxyvitamin D, and the presence of a vitamin D response element in the human insulin gene promoter.

Polycystic ovary syndrome (PCOS) is a common cause of ovarian dysfunction in women with anovulation. The main symptoms are characterized by chronic anovulation, hyperandrogenism, and/or the presence of polycystic ovary morphology from ultrasound examination. The phenotypic manifestation of this disorder is associated with various degrees of gonadotropic and metabolic abnormalities determined by the interaction of multiple genetic and environmental factors. The prevalence of vitamin D deficiency in women with PCOS is about 67-85 per cent, with serum concentrations of 25(OH)D <20 ng/ml. Although there is no significant difference in the 25(OH)D levels between PCOS and normal control women, high prevalence of vitamin D deficiency has been found to be associated with metabolic syndrome which may have great impact on public health. Low 25(OH)D levels may exacerbate the symptoms of PCOS, including insulin resistance, ovulatory, menstrual irregularities, infertility, hyperandrogenism, obesity and elevate

the risk of cardiovascular diseases.

Vitamin D supplementation can lower the abnormally elevated serum AMH levels and increase serum anti-inflammatory soluble receptor for advanced glycation end-products in vitamin D-deficient women with PCOS.

Dosage & Administration

Take 1 to 2 sachets daily, or as directed by the healthcare provider. Do not exceed the recommended daily dose. Opened sachet must be used immediately.

Preparation

Add the contents of the sachet in a glass of water and mix thoroughly.

Precautions

Store in a cool and dry place and keep out of the reach of children.

Availability

Pack of 5 sachets.

طریقہ استعمال: ساشے میں موجود پاؤڈر کو ایک گلاس پانی میں حل کر کے فوری استعمال کریں۔

کھلا ہوا ساشے دو بارہ استعمال نہ کریں۔

خوراک: ایک سے دو ساشے روزانہ یا معالج کی ہدایت کے مطابق استعمال کریں۔

احتیاط: دھوپ اور شدید گرمی سے بچائیں۔

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Manufactured by:

Nutrimed
Laboratories

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Karachi