

Inositol



Clinical Applications:

- Helps maintain balanced hormone levels
- Supports healthy metabolism and blood sugar control
- Enhances insulin sensitivity and encourages regular ovulation
- Promotes a healthy inflammatory response
- Supports emotional well-being and a positive mood

ENDOCRINE HEALTH

InosiCare is a thoughtfully formulated blend designed to promote healthy hormonal, metabolic, and digestive function. By targeting critical pathways involved in insulin signaling, blood sugar regulation, and hormone balance, this formula offers a well-rounded, natural approach to restoring metabolic wellness. At its core is a clinically supported 40:1 ratio of myo-inositol to D-chiro-inositol—a combination shown to enhance insulin sensitivity, promote healthy ovulation, and support overall hormonal balance. This powerful foundation is further strengthened by essential trace minerals like zinc, copper, and chromium, which contribute to glucose regulation and reproductive health. To round out the formula, Solnul® resistant potato starch (RPS) is included to support a healthy gut microbiome, improve metabolic efficiency, and help maintain a balanced inflammatory response. Whether you're supporting hormonal health, managing metabolic challenges, or enhancing gut function, InosiCare delivers targeted support where your body needs it most.

Overview

Hormonal and metabolic imbalances can impact energy, mood, weight, and blood sugar regulation. InosiCare is specifically formulated to address these interconnected systems by supporting insulin sensitivity, balanced glucose levels, and a healthy gut microbiome.

Featuring a clinically researched 40:1 ratio of myo-inositol to D-chiro inositol, along with resistant starch and key trace minerals, InosiCare works synergistically to promote hormonal balance, improve metabolic function, and help restore overall vitality.

Inositol (Myo-inositol and D-Chiro Inositol, 40:1 Ratio)

Inositol is a naturally occurring nutrient vital for cellular communication, especially in pathways that regulate insulin sensitivity and metabolic function. The 40:1 ratio of myo-inositol to D-chiro inositol, which mirrors the body's natural balance, has been widely studied for its ability to support both hormonal and metabolic health.

Research shows this specific combination can improve ovulatory function, reduce insulin resistance, and lower androgen levels—helping to ease symptoms such as acne and unwanted hair growth. It has also been shown to enhance glucose metabolism and promote greater insulin sensitivity, making it a powerful tool for restoring metabolic balance.

In one double-blind, placebo-controlled study, women who took the 40:1 inositol combination daily for six months experienced significant improvements in insulin response, hormone levels, and menstrual cycle regularity. Similar results have been observed in other studies, which also noted improved ovulation rates among participants.

† 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.

Solnul® and Resistant Starches

Solnul® resistant potato starch (RPS) is a clinically studied type II resistant starch that acts as a prebiotic, nourishing beneficial gut bacteria and supporting a balanced digestive environment.

Resistant starch helps slow glucose absorption, reducing post-meal blood sugar spikes and enhancing insulin sensitivity over time. It also stimulates the production of short-chain fatty acids (SCFAs) like butyrate, which are essential for gut lining health and inflammatory regulation.

Specifically, a daily dose of 3.5g of Solnul® RPS has been shown to increase levels of Bifidobacterium and Akkermansia, improve bowel regularity, and support microbial diversity. Clinical studies and meta-analyses further support its role in improving lipid profiles and metabolic markers in individuals with insulin resistance or metabolic imbalances.

Zinc, Chromium and Copper

Zinc, chromium, and copper are essential trace minerals that play critical roles in maintaining metabolic balance, hormone regulation, and cellular health. Zinc is vital for insulin function, hormone production, immune support, and tissue repair. It has been shown to enhance insulin sensitivity, support glycemic control, and reduce oxidative stress, especially in women facing hormonal and metabolic challenges. Chromium helps optimize blood sugar regulation by improving insulin action and supporting the efficient use of glucose. Clinical studies show that chromium supplementation can significantly increase insulin sensitivity in individuals with metabolic concerns. Copper, often overlooked, is essential for energy production, iron metabolism, and antioxidant defense. It supports hormonal balance and protects against cellular oxidative damage, while also contributing to cardiovascular health, which is often impacted in individuals with metabolic syndrome or insulin resistance. Together, these minerals provide foundational support for metabolic efficiency and overall wellness.

Directions

Take 1 scoop (7 grams) daily, or as directed by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, please consult your healthcare provider before use.

Supplement Facts^{V1}

Serving Size 1 Scoop (7 Grams)
Servings Per Container About 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	6 g	2%*
Dietary Fiber	2.5 g	9%*
Zinc (as Albion® Zinc Bisglycinate Chelate)	2 mg	18%
Copper (as Albion® Copper Bisglycinate Chelate)	0.2 mg	22%
Chromium (as O-polynicotinate) (ChromeMate®)	100 mcg	286%
Resistant Potato Starch (Solnul®)	3.5 g	**
Inositol Blend 40:1	2.05 g	
Myo Inositol		**
D-Chiro Inositol		**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

References

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