



Myo-Inositol for inner mobility

Inositol is a natural substance in nutrition and is found in numerous plants as well as in animal tissues. In the past, inositol was often referred to as muscle sugar, but according to the current definition, the substance is not a carbohydrate, but rather an alcohol. Previously, inositol was also described as a B vitamin.

1. Inositol plays an important role as a **messenger in the signal transmission of cells**. With **insulin resistance**, inositol increases sensitivity, i.e. the sensitivity of the cells to insulin, so that glucose can be transported more easily into the cells.
2. In **depressed** people, a decreased concentration of inositol was found in the brain-backmark fluid. Therefore, inositol has been researched in the treatment of various mental illnesses. Positive effects were shown without harmful side effects, comparable to the effectiveness of various antidepressant drugs. In combination with anti-depression drugs, their side effects were reduced.
3. Taking Myo-Inositol has also been shown to have a demonstrable alleviation in **premenstrual syndrome**, according to a 2011 study. Inositol also has **pain-relieving** effects.
4. Inositol has **moderate anti-cancer properties** and increases the effect of conventional chemotherapies, inhibits metastasis and increases the quality of life of cancer patients.
5. As a **cosmetic active ingredient**, inositol is moisturizing and skin-smoothing. This helps to improve skin moisture and to care for the hair. Inositol is therefore present in products as diverse as Body Lotion, from discounters to brandshampoo to expensive anti-aging care from well-known cosmetics manufacturers, and is a highly recommended, natural ingredient for skin and hair care products.

Myo-Inositol

Inositol is a natural substance in the diet and occurs in numerous plants and animal tissue. In the past, inositol was often referred to as muscle sugar, but according to the current definition, the substance is not a carbohydrate, but rather an alcohol. Inositol used to be described as a B vitamin.

It showed positive effects without harmful side effects, comparable to the effectiveness of various antidepressant drugs. In combination with antidepressant drugs, their side effects were reduced.

According to a study from 2011, the intake of myo-inositol also had a demonstrably soothing effect on premenstrual syndrome.

Inositol also has pain relieving effects.

