

Inositol

Supports Restful Sleep*



SLEEP SUPPORT*



Designs for Health's Inositol capsules deliver 900 mg of myo-inositol per 1-capsule serving to promote brain health, restful sleep, and mental and emotional wellness.* Inositol supports overall relaxation and facilitates proper metabolism of serotonin, often referred to as the "feel good neurotransmitter."* Healthy serotonin metabolism may help support a positive mental outlook, balanced mood, and healthy response to everyday stressors.* Therefore, inositol supplements taken during the day may help the body cope with occasional anxious feelings and stressful situations.* Inositol supplements taken at night may promote more restful sleep by helping the body achieve a relaxed state.* Inositol supplementation is versatile in supporting many metabolic functions in the body.*

Inositol is critical for overall human health. The highest concentrations of inositol can be found in the brain and central nervous system.* In the body, inositol supports cell metabolism and structure, nerve signaling, fat metabolism, hormone health, and blood sugar metabolism.* Dietary sources of inositol are found in animal and plant foods. Myo-inositol is the most abundant form of inositol, and it is found in fruits, beans, nuts, seeds, and grains. However, the most bioavailable form of inositol comes from lecithins, such as soy and sunflower lecithin. Although the liver and kidneys are able to create inositol, supplementation may be warranted due to reduced dietary intake, reduced inositol creation or utilization, or certain medications.* Inositol play an important role in the body's ability to fall asleep and stay awake, mood health, hormone balance, and blood glucose metabolism.*

Benefits

- Promotes restful sleep and overall relaxation
- Supports healthy mood and cognitive function
- Supports hormone balance
- Supports healthy blood sugar metabolism

Highlights

- Contains 900 mg of myo-inositol per 1-capsule serving
- Gluten-free and dairy-free
- Non-GMO

Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*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.