

D-Chiro-Inositol

Supports insulin function and glucose regulation†

Introduction

D-chiro-inositol is a naturally occurring isomer of inositol. Derived from carob pods, D-chiro-inositol acts as a critical second messenger, mediating cellular responses to insulin.† Studies demonstrate this compound plays a role in supporting ovarian and menstrual function, healthy glucose and insulin metabolism, lipid metabolism, and cardiovascular function.† It may also help regulate inflammation metabolism and modulate serotonin activity.^{1,2}

Product features

- D-chiro-inositol is part of a glycosyl phosphatidylinositol complex embedded in cell membranes that directs the activity of insulin inside the cell. Myo-inositol and D-chiro-inositol are intracellularly incorporated into inositol phosphoglycans (IPGs), which are second messengers of insulin, and some actions of insulin are mediated by these IPG mediators.
- In the ovary, D-chiro-inositol is involved in insulin-mediated androgen synthesis, and exists in balance with myo-inositol. Imbalance of ovarian myo-inositol and D-chiro-inositol concentrations can adversely affect Follicle-Stimulating Hormone (FSH) signaling. Several studies have emphasized the pivotal role of inositols in improving oocyte quality. A number of studies have suggested that insulin pathway issues could relate to the IPG second messenger system. D-chiro-inositol supplementation has been shown to replenish stores of the mediator and improve insulin sensitivity in women.^{1,3}
- In the body, D-chiro-inositol is synthesized from Myo-inositol through the epimerase enzyme, which in turn is stimulated by insulin. While D-chiro-inositol is present in some foods, the amount and form may not be sufficient to meet the increased physiological demands in some individuals. Studies show that supplemental D-chiro-inositol positively benefits insulin function and glucose regulation.†

Formula

SUGGESTED USE: 1 capsule twice daily with food or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Capsule	
D-Chiro-Inositol (from Chiroitol [†] carbo extract) (<i>Ceratonia siliqua</i>) (bean)	150 mg*
*Daily Value not established.	



Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicified microcrystalline cellulose, and calcium carbonate.

[†]Chiroitol[†] is a registered trademark of Cyvex Nutrition, Inc.

DCH 60 capsules

How supplied

60 capsules per bottle.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light.

References

1. Maurizi AR, et al. A pilot study of D-chiro-inositol plus folic acid in overweight patients with type 1 diabetes. *Acta Diabetol.* 2017 Apr;54(4):361-365. doi: 10.1007/s00592-016-0954-x. Epub 2016 Dec 30.
2. Sortino MA, et al. Polycystic Ovary Syndrome: Insights into the Therapeutic Approach with Inositols. *Front Pharmacol.* 2017 Jun 8;8:341. doi: 10.3389/fphar.2017.00341. eCollection 2017.
3. Unfer V, et al. Effects of Inositol(s) in Women with PCOS: A Systematic Review of Randomized Controlled Trials. *Int J Endocrinol.* 2016;2016:1849162. Epub 2016 Oct 23.

†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.