



Inositol Powder

Useful information:

Inositol is a water-soluble, slightly sweet-tasting substance (cyclohexanehexol) which can already be found in plant and animal tissue and also in the human body. Although inositol used to be designated "muscle sugar", this does not concern a carbohydrate. In the human organism, inositol takes on numerous physiological functions and is present in tissue, membranes and organs. For example, high concentrations of inositol can be found in the brain, in the kidneys, the liver and the spleen. Our pure inositol obtained from plants can simply be dissolved in water or tea, or sprinkled over meals.

Ingredients: 100 % inositol. Can have a laxative effect when used excessively!

Average nutritional values	per 100 g
Energy value	1000 kJ/ 239 kcal
Fat	0 g
of which	
- saturated fatty acids	0 g
Carbohydrate	99 g
of which	
- sugar	0 g
- Polyvalent alcohols (sugar alcohol)	99 g
Protein	0 g
Salt	< 0.01 g

Recommended dosage: A daily quantity of approx. ½ teaspoons (1–2g) is the usual dose.

Not suitable for pregnant women.

Close properly and store in a dry place.

Contains 250 g

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