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INOSITOL

PROVIDED BY DR. DOUGLAS SHANKLIN

Inositol is one of the unnumbered B vitamins. It serves an important metabolic function for muscle and nerve tissue, in particular. Good evidence shows that high doses of inositol promote the excretion of silicone from the body by conversion to silicate which passes into the urine. There is a somewhat complex but useful test for silicate in the urine. Women with silicone implants excrete more silicate per day than women without these devices. Post explant individuals excrete an intermediate amount for up to nine months afterwards, sometimes longer. It depends on how much silicone is left over after the devices come out.

Inositol comes in 500 and 600 mg tablets or capsules. Only yeast free inositol should be used as many women are allergic to yeast proteins. Do not use formulations containing silica or other substances.

The best dose is 3.0 grams per day. With 500 mg tablets this is obtained by the following program:

- Days 1-3, one 500 mg tablet each at breakfast and lunch
- Days 4-7, two 500 mg tablets each at breakfast and lunch
- Thence, two 500 mg tablets with all three meals daily

A small percentage of individuals will experience loose bowel movements for a few days while their system adjusts to the inositol. One or two shot glasses of Peptobismol or similar medication may help with this; DO NOT TAKE the Peptobismol at the same time; an hour afterwards is good.

Just as each person may tolerate other substances differently, the final level depends on your own metabolism. Try for a minimum of 2.0 grams per day (four 500 mg tablets) if you seem not to tolerate six. Rarely, patients have reported tingling or mild headache after six or more months on inositol at high levels. Whilst it is not known whether this is an effect of the inositol, it is best to cut back from six tablets per day to four, or from four to two, and see whether these signs are relieved. If so, then you were saturated with inositol and the lower intake will maintain it.

Inositol from Douglas Labs is available from Millennium Healthcare (770) 457-4677 or on www.millennium-healthcare.com at 25% below retail.

The following statements and/ or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.