

Chiroin™

D-Chiro Inositol Herbal Supplement

Therapeutic Actions

1. Helps stimulate insulin function of managing blood glucose and lipids to normal levels
2. Increases glucose and lipid disposal in the body, overcoming insulin resistance
3. Found to increase ovulation in women suffering from PCOS (Polycystic Ovary Syndrome)
4. Weight management - Modulates serotonin activity, with decreased appetite and weight loss
5. Cardiovascular disease

Administration

Internal: 1 to 4 tablets per day with meals
60 tablets, 300mg, 60 day supply

Ingredients

Carob pods containing 300mg of D-Chiro Inositol

Formula Rationale

Chiroin is a proprietary extract produced from the juice of carob pods. The principle constituent, D-Chiro Inositol (DCI) is a messenger directing insulin function. DCI is found to be low in hyperglycemic patients. There have been over thirty published studies.

Glucose is needed to produce energy. Proper insulin regulation is vital to maintaining normal blood sugar levels and helps convert glucose to energy. Improper insulin function leads to metabolic syndrome (pre diabetes), obesity, heart disease, high blood pressure, and PCOS in women. DCI acts as a secondary messenger stimulating the action of insulin. Insufficient levels of DCI result in a deficit of the insulin mediator that helps remove glucose. Supplementation of DCI helps normalize blood glucose levels.

PCOS is a condition where a woman's ovaries produce more androgens than normal. It is the most common cause of female infertility, affecting one out of ten women. In double-blind studies, women with PCOS who received DCI experienced the following statistically significant benefits when compared with a control group: lowered free and total testosterone, lowered blood pressure, increased insulin sensitivity and a corresponding improvement in glucose disposal, and increased frequency of ovulation.

In a forty-four patient study with obese women diagnosed with PCOS, twenty-two patients were administered 1200mg of DCI. Nineteen of the twenty-two women ovulated as compared with six out of twenty two who received the placebo. The conclusion of the study was that D-Chiro Inositol increases the action of insulin in patients with polycystic ovary syndrome, thereby improving ovulatory function, and decreasing serum androgen concentrations, blood pressure, and plasma triglyceride concentrations. (N Eng J Med. 1999 Apr 29;340(17):1314-20.) In twenty lean women with PCOS, 600mg of DCI administered for six to eight weeks was found to reduce circulating insulin, decrease serum androgens, and reduce blood pressure and elevated triglycerides associated with metabolic syndrome. (Endocr Pract. 2002 Nov-Dec;8(6):417-23.)

In conclusion, although the latest research suggests that DCI may have special benefits for women with PCOS, it can also be used for men and women with diabetes and metabolic syndrome.

Additional formulas

- **Myrtle Seng** treats and prevents conditions related to poor insulin sensitivity such as diabetes; nutritionally reduces blood glucose levels
- **Astra Essence** balances blood glucose in diabetes
- **Greenexcellent** reduces blood glucose; increases glucose sensitivity

Notes: For more on PCOS see Health Concerns Webinar: *Infertility Protocols, Part 1* and *Part 2*, which is available for free download at www.healthconcerns.com/pro