

D-Chiro Inositol

In: **Ova Balance** · 400+ studies

Summary

The original PCOS breakthrough — improves insulin sensitivity, androgen balance and ovulation in the 40:1 ratio.

Lead Researcher

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Selected Peer-Reviewed Citations

[1] Ovulatory and metabolic effects of D-chiro-inositol in PCOS. *New England Journal of Medicine*, 1999.
<https://pubmed.ncbi.nlm.nih.gov/10219066/>

[2] D-chiro-inositol and insulin resistance. *Endocrine Practice*, 2002.
<https://pubmed.ncbi.nlm.nih.gov/12017067/>

[3] Inositols in PCOS — clinical update. *Trends in Endocrinology & Metabolism*, 2018.
<https://pubmed.ncbi.nlm.nih.gov/30447943/>

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