

Myo-Inositol

In: **Ova Balance** · 1,500+ studies

Summary

Restores insulin signalling, ovulation and cycle regularity — backed by the clinically-studied 40:1 Myo:D-Chiro ratio.

Lead Researcher

Prof. Vittorio Unfer

Experts Group on Inositol in Basic & Clinical Research

Selected Peer-Reviewed Citations

[1] Myo-inositol in PCOS: a 10-year systematic review. *European Review for Medical & Pharmacological Sciences*, 2017.

<https://pubmed.ncbi.nlm.nih.gov/28724173/>

[2] The 40:1 Myo:D-Chiro inositol ratio in PCOS. *Gynecological Endocrinology*, 2019.

<https://pubmed.ncbi.nlm.nih.gov/30614282/>

[3] Inositol restores ovulation in women with PCOS. *Fertility & Sterility*, 2002.

<https://pubmed.ncbi.nlm.nih.gov/12372445/>

[4] Myo-inositol vs metformin in PCOS. *Endocrine Journal*, 2018.

<https://pubmed.ncbi.nlm.nih.gov/29459554/>

TruWe formulas use clinically-studied actives at effective doses. Third-party tested · FSSAI · GMP. Educational use only — not medical advice.