

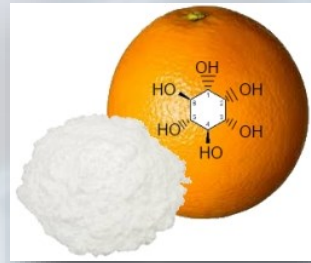
# Inositol NF

INCI Name: Inositol

CAS Numbers: 87-89-8

## Description:

Inositol, unofficially referred to as "vitamin B 8," is present in all animal tissues, with the highest levels in the heart and brain. It is part of the membranes (outer coverings) of all cells, and plays a role in helping the liver process fats as well as contributing to the function of muscles and nerves. Inositol is not known to be an essential nutrient. However, nuts, seeds, beans, whole grains, cantaloupe, and citrus fruits supply a substance called phytic acid (inositol hexaphosphate, or IP6), which releases inositol when acted on by bacteria in the digestive tract.



## Technical Data:

<u>PHYSICAL PROPERTIES</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Appearance	White crystalline powder	Visual
Identification	Conforms to standard	NF12
Melting Range	224°C ~ 227°C	NF12
Loss on Drying	NMT 0.5 %	NF12

<u>ANALYTICAL</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Assay	NLT 98.0%	NF12
Heavy metals	NMT 20 ppm	NF12
Residue on Ignition	NMT 0.1%	NF12
Chloride	NMT 0.005%	NF12
Sulfate	NMT 0.006%	NF12
Iron	NMT 0.0005%	NF12
Calcium	Passes Test	NF12

<u>MICROBIOLOGICAL</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Total Plate Count	NMT 5000 cfu/g	USP
Yeast & Mold	NMT 500 cfu/g	USP
E. coli	Negative	USP
Salmonella	Negative	USP

## Applications:

Shown to be helpful in the treatment of panic disorder, obsessive-compulsive disorder (OCD), an ovary disorder known as "polycystic ovary syndrome", problems breathing in premature infants known as "acute respiratory distress syndrome", and psoriasis (but only when brought on or made worse by lithium drug therapy).



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