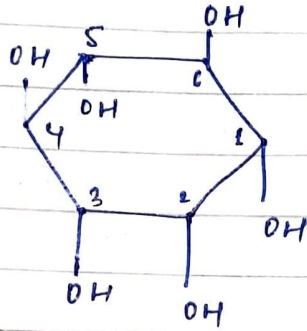


As per chat  
Rajen

## INOSITOL

3 sec CH 200  
Part II  
Date 13

- There are 9 isomers of Inositol. Myo Inositol is the most important one in nature and the only isomer which is biologically effective. its formula is:-



myo-inositol.

### SOURCES:-

Inositol is found in fruits, meat, milk, nuts, vegetable, whole grains and yeast.

### FUNCTIONS:-

The significance of this compound in human nutrition has not been established. Together with Choline Inositol, has a lipotropic action in experimental animals.

### DEFICIENCY:-

Deficiency symptoms in mice include so-called Spectacled eye, alopecia, and failure of lactation and growth.