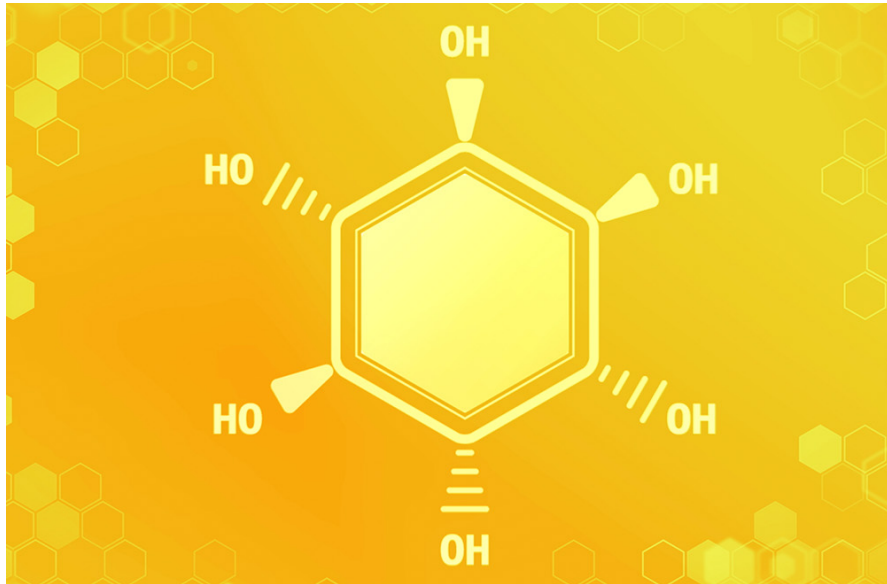




## Inositol



### Overview

This nutrient is a type of sugar that's found naturally in your body. It helps form the walls of your cells. It plays a role in your blood sugar level and other body processes.

### How we get it

How do we get it? Well, our bodies actually make inositol from the carbs we eat. But we also get it from other sources. It's in cantaloupe, bananas, raisins and most citrus fruits. It's in nuts and whole grains. Beans, cabbage and brewer's yeast are high in inositol, too.

### Health benefits

What are the health benefits? We're still studying the effects of inositol on the body. It may be helpful for people who have diabetes, metabolic syndrome or mental health problems. More research is needed.

### Conclusion

For more info about the role inositol plays in your health, talk to your doctor.

