

# Inositol



**Inositol is a sugar alcohol that is naturally produced by the body from glucose and can be found in many foods, particularly fruits and plants. Inositol can be used in applications such as supplements, medicinal tablets or as a bulking agent.**

## Benefits

- Used to increase insulin levels
- Helps regulate blood levels
- Increases female hormone health
- Used as a bulking agent when substituting with high intensity sweeteners (HIS)

## Applications

- Supplements
- Medicinal tablets
- Functional foods

### Product Name

### Product Specification

### Packaging

Inositol	10% sweetness of sucrose	(10kg x 2) 20kg
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