

# Sensitol™

*Supports healthy insulin signaling and female hormone balance\**

Sensitol™ is a unique formulation comprised of two naturally occurring forms of the nutrient inositol—myo-inositol (MI) and D-chiro-inositol (DCI)—along with alpha lipoic acid. It is designed to support healthy insulin signaling, cellular metabolism and female hormone balance.\*

Once considered a member of the B vitamin family, inositol was deemed “non-essential” when it was discovered that the human body can make inositol from glucose. However, as is the case for many other nutrients, there are certain situations that may benefit from supplementing with inositol at levels above that which the body typically produces.

Inositol occurs naturally in a variety of foods—fruit, in particular—but due to being bound to other compounds, it is not as bioavailable in other foods that would otherwise be good sources, such as grains and beans. Inositol occurs naturally in nine different forms (called isomers). The MI and DCI isomers have been recognized to be the most predominant and have important functions in human physiology, such as mediating normal cell signaling from insulin and from other hormones, such as thyroid hormones and sex hormones (for example, estrogen).

#### **May be beneficial in\*:**

- Diabetes, Prediabetes
- PCOS
- Hormonal balance
- Cardiovascular health

Several aspects of our modern diets and lifestyles contribute to elevated insulin levels in susceptible individuals. And while insulin is best known for its role in lowering blood sugar after meals (particularly ones containing carbohydrate), that is only one of many functions insulin performs. Insulin is an essential hormone with a multitude of crucial roles, but it's possible to get “too much of a good thing.” The key is finding, and maintaining, the proper balance.

The forms of inositol in Sensitol™ may help the body respond better to insulin, thus having a beneficial effect on metabolic and hormonal processes that are influenced by healthy insulin signaling.\* Inositol is also an important factor for balancing female hormones by supporting healthy liver function.\* The liver is a key organ in the detoxification and clearance of excess hormones, such as estrogen and testosterone, so proper support for these pathways may facilitate healthy hormone levels.\*

This product also contains alpha-lipoic acid, a compound that influences sensitivity to insulin, contributes to healthy blood sugar levels, and supports the conversion of glucose (primarily from carbohydrate) into energy.\*

**Recommended Use:** As a dietary supplement, take two capsules two times per day, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**