# **D-Sitol**<sup>TM</sup>

## Composition

D-Sitol  $^{\text{\tiny TM}}$  Capsule: Each capsule contains D-Chiro-Inositol 500 mg .

## Description

D-chiro-inositol is extracted by a patented process from Carob (Ceratonia siliqua) pod that mostly found in Southern Europe. Deficiency of D-chiro-inositol in peripheral tissue causes insulin resistance that leads to hyperandrogenism in ovaries which results polycystic ovary syndrome (PCOS). D-chiro-inositol helps to regulate the balance between androgen and estrogen by decreasing luteinizing hormone and serum testosterone level. It improves glucose tolerance and reduces circulating insulin. It reduces oxidative stress on follicle and decreases total cholesterol and triglyceride levels. D-chiro-inositol has been clinically proven as an effective treatment of ovarian cyst and PCOS associated metabolic disorders. It helps to improve and regulate normal ovulation after two weeks of administration. It also reduces hyperandrogenism related skin disorders like hirsutism, alopecia, acanthosis nigricans and acne. It lowers cardiovascular risk in women who are suffering from PCOS by controlling arterial pressure.

# Indications and Uses

D-Sitol Capsule is indicated for the treatment and prevention of-

- Polycystic ovary syndrome (PCOS)
- Anovulation
- Menstrual disorders such as amenorrhea
- Hyperandrogenism complaints such as hirsutism, alopecia,

acanthosis nigricans, acne

Ovarian hyperthecosis

## Dosage and Administration

Orally 1-2 capsules daily or as advised by the physician.

## **Duration of Use**

Duration of the treatment should be minimum 2 months.

## Contraindication

Contraindicated in patient with known hypersensitivity to D-chiro-inositol.

# Pregnancy and Lactation

Several human studies have been conducted with inositol has no clinically relevant adverse effects.

#### Side Effect

Well tolerated in recommended dose.

#### Drug Interactions

Concurrent use with digoxin may result in increased digoxin toxicity.

## Storage

Store at temperature of below 30 °C, protect from light & moisture. Keep out of reach of children.

#### Presentation

D-Sitol <sup>™</sup> Capsule: Each box contains 1x12's capsules in Alu-Alu blister pack.

