

INOSITOL + GLYCINE

Zahler's Inositol Capsules and Inositol + Glycine Powder are simple yet powerful nutritional supplements. Both inositol and glycine can be found naturally in foods, and most people get enough of these nutrients from their daily diet. Still, there are times when supplementing with inositol and/or glycine can be beneficial.

What is Inositol?

Inositol is a type of sugar that has an effect on the body's insulin response. It can also help regulate a person's mood, so it can help relieve some of the symptoms of anxiety, depression and panic. Additionally, it can assist with the production of neurotransmitters, especially serotonin.

Zahler Inositol is available in a capsule form and provides 1,000 mg per serving.

Inositol + Glycine is a powder with a pleasant taste that can be easily added to foods, drinks or your favorite smoothie. It provides 2,500 mg of each of these supportive nutrients.

Why Supplement with Glycine and Inositol?

Inositol is often used to help regulate blood sugar in general and can improve the body's insulin sensitivity. It can also help relieve symptoms of PCOS while helping with sugar regulation, a problem associated with this condition.

What is Glycine?

Glycine is an amine, a core component of proteins. As an antagonist towards adrenalin, glycine can help a person be more relaxed. It can help stabilize neurological functions as well as aid with anxiety, panic, pain perception and mood stabilization. Since glycine is able to cross the blood-brain barrier, it can deliver these benefits straight to the brain. Glycine also has calming properties, which can be supportive when trying to get more quality and restful sleep.

Furthermore, Glycine helps the body produce glutathione, which is an antioxidant that helps protect the body against the damaging effects of free radicals. Glycine can also allow the body to improve insulin action. Moreover, glycine provides energy for short, quick activities because collagen, the structural protein in muscles, skin, bones and other body parts, is made up of large amounts of glycine.

Because of their simplicity and easy availability, Glycine and Inositol are often overlooked. Most people do not require additional supplementation with these nutrients, but there are many individuals who can

greatly benefit from them. These supplements are especially helpful for people with mood disorders and sleep issues. They can also be supportive with reduced insulin sensitivity and relieving symptoms of PCOS. Additionally, Inositol and Glycine promote liver function and cellular health while providing mood and nervous system support.



Advanced science in each and every bottle



Using only the purest natural ingredients



Manufactured to the highest standards

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