

References for *Studies Show Benefits of Myo-Inositol & D-Chiro-Inositol for Women with PCOS*

By Elizabeth Willett, MA, CH

1. Combination of Myo-inositol and D-chiro-inositol: A First-Line Treatment for PCOS - See more at: <http://www.pcosnutrition.com/links/blogs/a-combination-of-myo-inositol-and-d-chiro-inositol-.html#sthash.TdAclqJz.dpuf>. (2014, October 1). Retrieved May 21, 2015, from <http://www.pcosnutrition.com/links/blogs/a-combination-of-myo-inositol-and-d-chiro-inositol-.html>
2. Haas, E., & Levin, B. (2006). Vitamins. In *Staying healthy with nutrition: The complete guide to diet and nutritional medicine (21st-century ed., pp. 134-135)*. Berkeley, California: Celestial Arts.
3. Hudson, T. (2015, April 29). Comparison of myo-inositol and D-chiro-inositol in PCOS women. Retrieved May 19, 2015, from http://drtorihudson.com/general/nutrition/comparison-of-myo-inositol-and-d-chiro-inositol-in-pcos-women/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed:torihudson (Tori Hudson, N.D.'s Blog)
4. Myo-inositol - Support ovarian function and egg quality-naturally! (n.d.). Retrieved May 21, 2015, from <http://www.fairhavenhealth.com/myo-inositol.html?gclid=CJunotGJ0cUCFQaPaQodUIUABA>
5. Nestler, J., Jakubowicz, D., Reamer, P., Gunn, R., & Allan, G. (1999, April 29). Ovulatory and Metabolic Effects of d-Chiro-Inositol in the Polycystic Ovary Syndrome — NEJM. Retrieved May 24, 2015, from <http://www.nejm.org/doi/full/10.1056/NEJM199904293401703>
6. Nordio, M., & Proietti, E. (2012, May 16). The combined therapy with myo-inositol and D-chiro-inositol reduces the risk of metabolic disease in PCOS overweight patients compared to myo-inositol supplementation alone. Retrieved May 24, 2015, from <http://www.ncbi.nlm.nih.gov/pubmed/22774396>
7. Tais, S. (2013, August 1). Myo-Inositol in Polycystic Ovarian Syndrome. Retrieved May 21, 2015, from <http://naturalmedicinejournal.com/journal/2013-08/myo-inositol-polycystic-ovarian-syndrome>
8. Unfer, V., Carlomagno, G., Dante, G., & Facchinetti, F. (2012). Effects of myo-inositol in women with PCOS: A systematic review of randomized controlled trials. Retrieved May 21, 2015, from http://www.researchgate.net/profile/Gianfranco_Carlomagno/publication/221797391_Effects_of_myoinositol_in_women_with_PCOS_a_systematic_review_of_randomized_controlled_trials/links/0c960515aa603d7727000000.pdf