**Significant Sources of Myo-Inositol (MI)**

**Endogenous synthesis:** 2-4g MI/day may be produced from glucose in humans.

**MI occurs in foods as:**

1. **Phytic acid** (also called myo-inositol hexaphosphate or IP6) is often a component of the insoluble fiber of the bran found in seeds. Significant amounts of IP6 are found in grains, legumes, nuts or certain citrus fruits.

2. **Phosphatidyl-myoinositol** is found in plant- and animal-derived foods. Estimated average MI intake is 900 mg/day.

**Supplements:** MI and IP6

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**Significant Sources of D-Chiro-Inositol (DCI)**

**Foods:** buckwheat, soy, lentils, beans, wheat germ

**Supplements:** DCI (derived from demethylating pinitol found in carob)

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**Significant Sources of D-Pinitol (methylated DCI)**

**Foods:** carob, soy

**Supplements:** pinitol

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**Inositol Phosphates IP1 to IP6**

IP6 is converted to MI or IP1 to IP5 by intestinal flora and in human metabolism

**Phosphatidylinositols (PI) & Phosphatidylinositol-Phosphates (PIP)**

**MI to DCI conversion (about 8%)** is catalyzed by an epimerase enzyme. Its activity may be reduced in the state of insulin resistance to as low as 1%, for example.

**D-Chiro-Inositol (DCI)**

Approx. 33% of pinitol may be converted to DCI in humans. It is not clear if pinitol can be utilized in human physiology without first being converted to DCI.

**D-Pinitol (Methylated DCI)**