

Information about INOGEST®

1. What is INOGEST® and what it contains: INOGEST® is a food supplement that contains N-acetyl-L-cysteine, myo-inositol, folic acid and Nutriose® resistant dextrin.

2. Qualitative and quantitative composition: Ingredients: N-acetyl-L-cysteine 0,6gr, myo-inositol 2gr, folic acid 200mcg, Nutriose® resistant dextrin 5gr. **Sweetener:** stevia. **Flavoring:** mint. **3. Physiological actions of INOGEST®**

3.1. Acetylcysteine N-acetyl-cysteine (NAC) is a derivative of the amino acid L-cysteine found in food. After absorption NAC is metabolized to L-cysteine, a precursor of glutathione. NAC acts as a mucolytic, interacting with cervical mucus, as an antioxidant and as an insulin sensitizer. NAC can restore menstrual regularity, fasting blood glucose, fasting insulin, body mass index and dyslipidemia in women with PCOS. NAC has been used as an adjuvant to clomiphene citrate in women with clomiphene resistant PCOS and as an adjuvant to letrozole for induction of ovulation in infertile women with PCOS. A meta-analysis of randomized and controlled clinical studies, comparing effects of NAC with placebo or metformin, showed that NAC significantly improved ovulation rate and live births in women with PCOS. **3.2. Myo-inositol** Myo-inositol is a substance naturally produced by the human body and also present in fruits, legumes, grains and nuts. Food consumption accounts for up to 1,5grs intake of various forms of inositol per day. Myo-inositol has been studied as a novel treatment of PCOS. Women with PCOS often have a defect in the way their body responds to insulin. Myo-inositol is considered a natural insulin sensitizer. Insulin pathways in the body are heavily dependent on myo-inositol. Controlled clinical studies with PCOS patients, showed that the frequency of ovulation was significantly increased in women receiving myo-inositol. Also, myo-inositol treated PCOS patients showed a significant improvement in clinical pregnancy rates. Additional studies demonstrated that myo-inositol treatment lowered insulin and androgen levels, ameliorated insulin resistance, decreased blood sugar and lipids, body weight and body mass index. It was also effective in treating hirsutism and acne. Myo-inositol is gaining recognition due to its safety and lack of side effects. **3.3. Nutriose® resistant dextrin** Nutriose® is a carbohydrate resistant to digestion in the small intestine and largely fermented by bacteria in the large intestine. As a non-digestible carbohydrate, Nutriose® is not contributing to elevation of postprandial glucose and insulin levels. Studies have shown that Nutriose® supplementation improved glucose tolerance and decreased insulin resistance in women with PCOS, women with type II diabetes and overweight men. Nutriose® is also a water-soluble prebiotic fiber, which when fermented by bacteria of the large intestine increases their count in the feces and alter the intestinal microflora towards a more beneficial distribution. Nutriose® may prevent disorders such as constipation, diarrhea and irritable bowel syndrome, since the water that the fiber holds increases the bulk, weight and consistency of the feces. In this context, and may also be useful in the absorption of calcium, magnesium, zinc and iron and in the regulation of satiety and body weight. Nutriose® is well tolerated up to 45grs daily. According to the European Food Safety Authority (EFSA) consumption of Nutriose® with a meal leads to a reduced blood glucose rise, improved glucose tolerance and decreased insulin resistance. EFSA recommends an intake of 25grs of dietary fiber per day. **4. Suggested use:** As a food supplement for the dietetic management of women with PCOS. **5. Dosage and administration:** It is recommended the intake of one sachet of INOGEST® twice a day. INOGEST® should be administered every 12 hours. Dissolve contents in 150mL of water (half a glass of water). The resulting drink has a pleasant and cooling mint taste. Adding other than 150mL of water will change the taste to a more or less agreeable perception, but it has no effect on the physiological action of the product. INOGEST® contains stevia, a zero calories sweetener, so it does not raise blood glucose levels. **6. Caution:** INOGEST® should be administered for the dietetic management of women suffering of PCOS. INOGEST® does not prevent, treat or cure a human disease. Do not exceed the highest recommended daily dose. Keep out of children's reach. Consult your doctor if you're pregnant or breastfeeding or if you have health issues. Store at room temperature (15-30°C) in a dry place. **7. Packaging:** Carton box containing 30 sachets and an information leaflet. **Net weight:** 231,5gr. **Notification Number to Regulatory Authorities:** 39102/11-4-2018 **Distributor for Greece,** Meditrina Ltd, Athens, Irakleitou 117, 15238 Halandri, Tel.+302106726260, email: info@meditrina.gr **Distributor for Cyprus:** Synapsis Trading Ltd., Riga Feraiou 2, 3095 Limassol **Manufacturer:** INALME srl., Industria Erboristica Via Cosmo Mollica Alagona, 9/11 Z.I. Blocco Palma 2 , 95121 Catania-Italy.