

PubMed

Abstract**Full text links**

Climacteric. 2012 Oct;15(5):490-5. doi: 10.3109/13697137.2011.631063. Epub 2011 Dec 23.

One-year effects of myo-inositol supplementation in postmenopausal women with metabolic syndrome.

[Santamaria A¹](#), [Giordano D](#), [Corrado F](#), [Pintaudi B](#), [Interdonato ML](#), [Vieste GD](#), [Benedetto AD](#), [D'Anna R](#).

Author information

Abstract

OBJECTIVE: To evaluate the 12-month effect of **myo-inositol** treatment on some biochemical parameters of women affected by metabolic syndrome.

METHODS: Eighty outpatient postmenopausal women, affected by metabolic syndrome, were enrolled in a 12-month study. All women were treated with a low-energy diet, and then they were randomly assigned to **myo-inositol** 2 g b.i.d. (n = 40) or placebo (n = 40). All the women were evaluated for serum glucose, insulin, HOMA-IR (Homeostasis Model Assessment-Insulin Resistance), triglycerides, total and high density lipoprotein cholesterol, body mass index (BMI), waist circumference and blood pressure at baseline and after 12 months of treatment.

RESULTS: With the exception of BMI and waist circumference, after 12 months of treatment, all the parameters studied showed a significant improvement in the **myo-inositol** group compared to the **control** group. At the end of the study, in the **myo-inositol** group, the number of women without metabolic syndrome was eight (20%) whereas, in the **control** group, only one woman no longer had the metabolic syndrome after 12 months of diet.

CONCLUSIONS: **Myo-inositol** might be considered one of the insulin-sensitizing substances in the treatment of metabolic syndrome.

PMID: 22192068 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms, Substances

LinkOut - more resources

PubMed Commons[PubMed Commons home](#)

0 comments

[How to join PubMed Commons](#)