

Myo Inositol 500mg + Berberine Hydrochloride 277.25mg + D-Chiro Inositol 12.5mg + Grape Seed Extract 4.25mg + Chromium Picolinate 201.5mcg + L-Methylfolate 45mcg + Vitamin D3 (90 IU) 2.25mcg

## Myohub Tablet

**Myo Inositol 500mg + Berberine Hydrochloride 277.25mg + D-Chiro Inositol 12.5mg + Grape Seed Extract 4.25mg + Chromium Picolinate 201.5mcg + L-Methylfolate 45mcg + Vitamin D3 (90 IU) 2.25mcg Tablet: Information Guide**

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### Description

The combination tablet of Myo Inositol, Berberine Hydrochloride, D-Chiro Inositol, Grape Seed Extract, Chromium Picolinate, L-Methylfolate, and Vitamin D3 is formulated to support overall metabolic health, particularly for individuals with conditions like polycystic ovary syndrome (PCOS), insulin resistance, and related metabolic disorders. The ingredients work synergistically to balance blood sugar levels, improve hormonal function, support cardiovascular health, and enhance antioxidant defenses.

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### Composition (per tablet)

- **Myo Inositol: 500mg**
  - **Berberine Hydrochloride: 277.25mg**
  - **D-Chiro Inositol: 12.5mg**
  - **Grape Seed Extract: 4.25mg**
  - **Chromium Picolinate: 201.5mcg**
  - **L-Methylfolate: 45mcg**
  - **Vitamin D3: 2.25mcg (90 IU)**
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### Mechanism of Action

- **Myo Inositol and D-Chiro Inositol:** These two forms of inositol are crucial for the proper functioning of insulin and for regulating ovarian function. Myo Inositol improves insulin sensitivity and ovarian function, while D-Chiro Inositol helps to manage hormonal imbalances, especially in women with PCOS.
- **Berberine Hydrochloride:** A plant-derived compound that has been shown to support healthy blood sugar levels by improving insulin sensitivity and reducing glucose production in the liver. Berberine also helps in managing metabolic disorders, like diabetes.
- **Grape Seed Extract:** Rich in antioxidants, particularly proanthocyanidins, which support cardiovascular health by reducing oxidative stress and improving blood flow. It also has anti-inflammatory properties.
- **Chromium Picolinate:** Enhances the action of insulin, helping to regulate blood sugar levels and support metabolism, particularly in individuals with insulin resistance or type 2 diabetes.
- **L-Methylfolate:** The active form of folate that plays a critical role in cell division, DNA synthesis, and the maintenance of homocysteine levels, contributing to cardiovascular health and overall cellular function.
- **Vitamin D3:** Essential for bone health, immune function, and insulin sensitivity. Vitamin D3 also supports

the regulation of calcium and phosphate metabolism.

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same time each day to ensure optimal results.

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## Indications

This combination tablet is used to help manage and improve conditions such as:

- **Polycystic Ovary Syndrome (PCOS):** To improve insulin sensitivity, regulate hormones, and support ovarian function.
  - **Insulin Resistance and Type 2 Diabetes:** Helps regulate blood sugar levels and improve insulin sensitivity.
  - **Metabolic Syndrome:** Helps manage the components of metabolic syndrome, including high blood pressure, elevated blood sugar, and abnormal cholesterol levels.
  - **Hormonal Imbalances:** Supports the balance of hormones, particularly in women with menstrual irregularities or fertility issues.
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## Dosage and Administration

- **Recommended Dose:**
  - Take one tablet daily, preferably with food to enhance absorption.
  - The dosage may vary based on individual health conditions, so it is essential to follow your healthcare provider's instructions.
- **Administration:**
  - Swallow the tablet whole with a glass of water.
  - It is important to take this medication consistently at the

## Contraindications

- **Hypersensitivity:** Contraindicated in individuals with a known allergy or hypersensitivity to any of the ingredients in the tablet.
  - **Pregnancy and Breastfeeding:** Consult your doctor before use, as some ingredients (such as Berberine) may not be suitable during pregnancy or breastfeeding.
  - **Severe Liver or Kidney Impairment:** Use with caution, especially in individuals with known liver or kidney disease, as these conditions may impact the metabolism of some of the active ingredients.
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## Warnings and Precautions

- **Blood Sugar Monitoring:** If you are diabetic or have insulin resistance, regular monitoring of blood sugar levels is important when taking this tablet.
- **Drug Interactions:** This tablet may interact with medications for blood sugar control (e.g., insulin or metformin). Consult your healthcare provider before combining it with other treatments.
- **Thyroid Function:** The role of Chromium Picolinate in thyroid regulation is not fully understood; consult a doctor if you have thyroid disorders.
- **Folate Sensitivity:** People with a history of folate metabolism issues

should use caution, as excess folate intake may mask certain deficiencies.

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### Adverse Effects

- **Common Side Effects:**
    - Digestive issues such as bloating, gas, or mild stomach upset (especially with Berberine).
    - Mild headache or dizziness.
    - Changes in bowel movements, such as diarrhea or constipation.
  - **Serious Side Effects:**
    - Severe allergic reactions (e.g., rash, itching, difficulty breathing).
    - Symptoms of low blood sugar (e.g., dizziness, confusion, sweating), particularly in those with diabetes.
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### Drug Interactions

- **Blood Sugar Medications:** This combination may enhance the effects of insulin and oral hypoglycemic agents, potentially causing hypoglycemia.
- **Anticoagulants:** Grape Seed Extract may increase the risk of bleeding, especially if combined with blood thinners like warfarin.
- **Antihypertensives:** The combination may lower blood pressure, so caution is advised when used with blood pressure medications.

**Always inform your healthcare provider about all the medications and supplements you are currently taking.**

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### Storage

- Store in a cool, dry place at room temperature (between 20°C to 25°C).
  - Keep the bottle tightly closed and protect from moisture and direct sunlight.
  - Keep out of reach of children.
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### Key Points

- **Myo Inositol + Berberine Hydrochloride + D-Chiro Inositol + Grape Seed Extract + Chromium Picolinate + L-Methylfolate + Vitamin D3** is a powerful combination designed to support metabolic health, improve insulin sensitivity, and regulate hormones.
  - **Regular monitoring of blood sugar levels and consultation with your healthcare provider is essential for optimal use and safety.**
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**Note: This product is a dietary supplement and should be used as part of a balanced diet and healthy lifestyle. Always consult a healthcare provider before starting any new supplement regimen.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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