

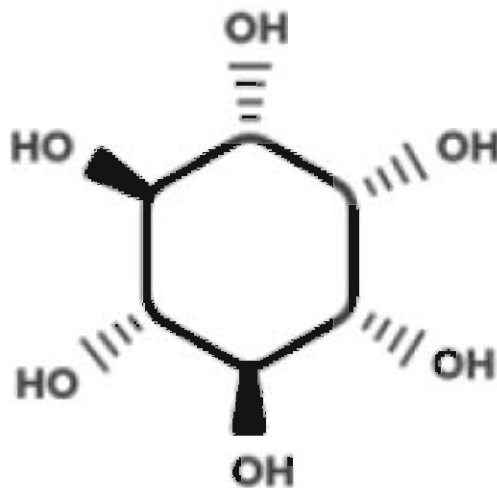
But what difference is there between **Myo** and **D-chiro- inositol**?

Close to **Myo-
inositol** we can also find **D-chiro-
inositol**. Both of them, in the form of inositolophosphoglycans, are “second messengers” of the insulin hormone.

However, even if their biological functions are often confused, it should be remembered that **myo** and **d-chiro** have different roles within the body.

Myo- inositol

is involved in the use of transporters and in the glucose’s cellular absorption

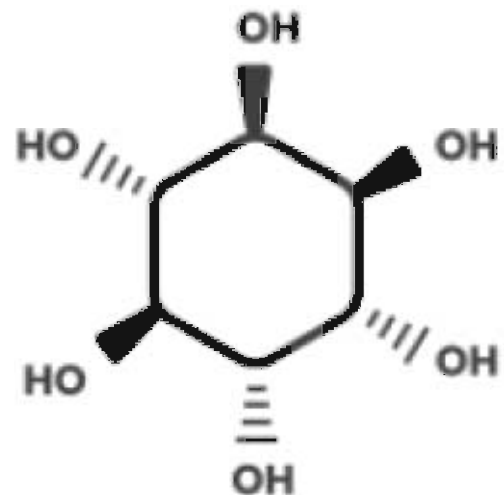


Myo is synthesized endogenously from glucose 6-phosphate and incorporated into cell membrane as phosphatidylinositol phosphate. In addition, it is converted into D-chiro-inositol by an enzyme, epimerase, which is insulin dependent.

Myo regulates the activity of several hormones such as insulin, thyroid hormone (TSH) and follicle stimulating hormone (FSH).

D-chiro- inositol

it is involved in glucose metabolism and storage in the form of glycogen.



Overall, D-chiro-inositol is less abundant in nature than myo-inositol. It can be found in high concentrations into the tissues that store glycogen and who need to conserve energy: Basically adipose tissue and liver!

D-chiro is involved in the synthesis of insulin-dependent androgens and acts as modulator of aromatase.