

So your everyday life can bloom like a flower,

# Fior Inositol



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# Product Overview



Product name	Fior Inositol
Care Line	Women's Health Supplement
Ingredients	Inositol (66.667%), Betaine (8.334%), Chicory Root Extract Powder (Chile), Peach Extract Powder (Korea), Peach Flavor Powder (Flavoring), Bamboo Sap Extract Powder (India), Carob Extract Powder (1.667%), Choline Bitartrate (1.667%), α-Lactalbumin (1.667%), Anhydrous Citric Acid, Enzyme-Treated Stevia (Sweetener), DL-Malic Acid, Vitamin B <sub>12</sub> Premix [Maltodextrin, Trisodium Citrate, Citric Acid, Vitamin B <sub>12</sub> ] (0.105%), Sucralose (Sweetener), Vitamin B <sub>6</sub> Hydrochloride (0.034%), Vitamin B <sub>2</sub> (0.026%), Dried Yeast (Vitamin D) (0.0232%), Folic Acid (0.0099%) <b>Contains peach and milk</b>
Per Serving (1 stick)	Inositol 4,000 mg, Betaine 500 mg, Carob Extract Powder 100 mg α-Lactalbumin 100 mg, Choline Bitartrate 100 mg, Folic Acid 800 μg DFE VitaminB <sub>2</sub> 1.4 mg, VitaminB <sub>6</sub> 1.5 mg, VitaminB <sub>12</sub> 5 μg, VitaminD 25 μg
Packing Unit	30sticks / box (for 30 days)
Country of manufacture	Korea



# Product Description

Fior Inositol is a premium women's health solution designed to help restore overall body balance. It is specially formulated to address concerns such as irregular menstrual cycles, recurring acne, weight fluctuations, and the physical and emotional stress associated with fertility planning.

Based on dozens of SCI-level studies, Fior Inositol combines myo-inositol and carob extract powder (as a source of D-chiro-inositol) in the clinically supported 40:1 ratio. The formula is further enhanced with  $\alpha$ -lactalbumin, choline, betaine, folic acid, and B vitamins, all precisely selected and dosed for optimal absorption, synergy, and efficacy - resulting in a scientifically grounded inositol product for comprehensive female health.



<Halal Certification>



<TSE BSE Certification>



<Non-GMO Certification>



<Allergen Free Certificate>



<Vegan Certificate>

# Effective 40:1 Ratio

## - A Complete Formula in Just One Stick a Day

Each stick contains 4,000 mg of myo-inositol and 100 mg of D-chiro-inositol (from carob extract), precisely blended in the clinically validated 40:1 ratio.

This formulation allows for the most extensively studied combination to be conveniently taken once a day in a single stick.

studies of Pacchiarotti, et al. (2015) and Ozay, et al. (2016) used a much higher dose of myo-inositol per day at 4000 mg twice a day while Sene, et al. (2019) and Pourghasem (2019) used the dosage of 4000 mg per day.

Several studies using daily doses of 4,000 mg or more of myo-inositol have reported positive effects on menstrual cycle regulation and improved pregnancy success rates.

was observed ( $I^2=0\%$ ,  $Q=1.37$ ,  $p=0.71$ ).

\*Source : Sique et al., J Med UST, 2022

European Review for Medical and Pharmacological Sciences

2019; 23: 5512-5521

**The 40:1 myo-inositol/D-chiro-inositol plasma ratio is able to restore ovulation in PCOS patients: comparison with other ratios**

M. NORDIO, S. BASCIANI, E. CAMAJANI

We found that the 40:1 MI/DChI ratio is optimal for restoring ovulation and improving key markers in PCOS patients.

ndrome (PCOS).

**PATIENTS AND METHODS:** fifty-six PCOS patients (8 for each group) were treated by oral route using the following formulations: DCI alone, and 1:3.5; 2.5:1; 5:1; 20:1; 40:1, 80:1 MI/DCI ratio. They received 2 g of inositols twice a day for 3 months. The primary outcome was ovulation, the secondary outcome included the improvement of FSH, LH, Sex Hormone Binding Globulin (SHBG), 17-beta-Estradiol (E2), free testosterone, basal and postprandial insulin levels, as well as HOMA index, BMI and menses.

**RESULTS:** We found that the 40:1 MI/DCI ratio is the best for PCOS therapy aimed at restoring ovulation and normalizing important parameters in these patients. The other formulations were less effective. In particular, a decreased activity

neous presence of polycystic ovary and anovulation. Amenorrhea, obesity, hirsutism and multiple follicular cysts were considered, as well as other symptoms, frequently involved in PCOS and useful for its diagnosis<sup>1</sup>. These signs, although characteristic, are quite restrictive and exclude some important disorders, such as hyperinsulinemia, usually present in the syndrome. In fact, PCOS is characterized also by several reproductive, metabolic and cardiovascular problems, that can exert a high number of health consequences during the life span<sup>3,4</sup>. Currently, the Rotterdam criteria 2004<sup>5</sup> focused their attention on three symptoms: chronic ovulatory disorder, hyperandrogenism and polycystic ovaries. According to these Criteria, it is mandatory for PCOS diagnosis that

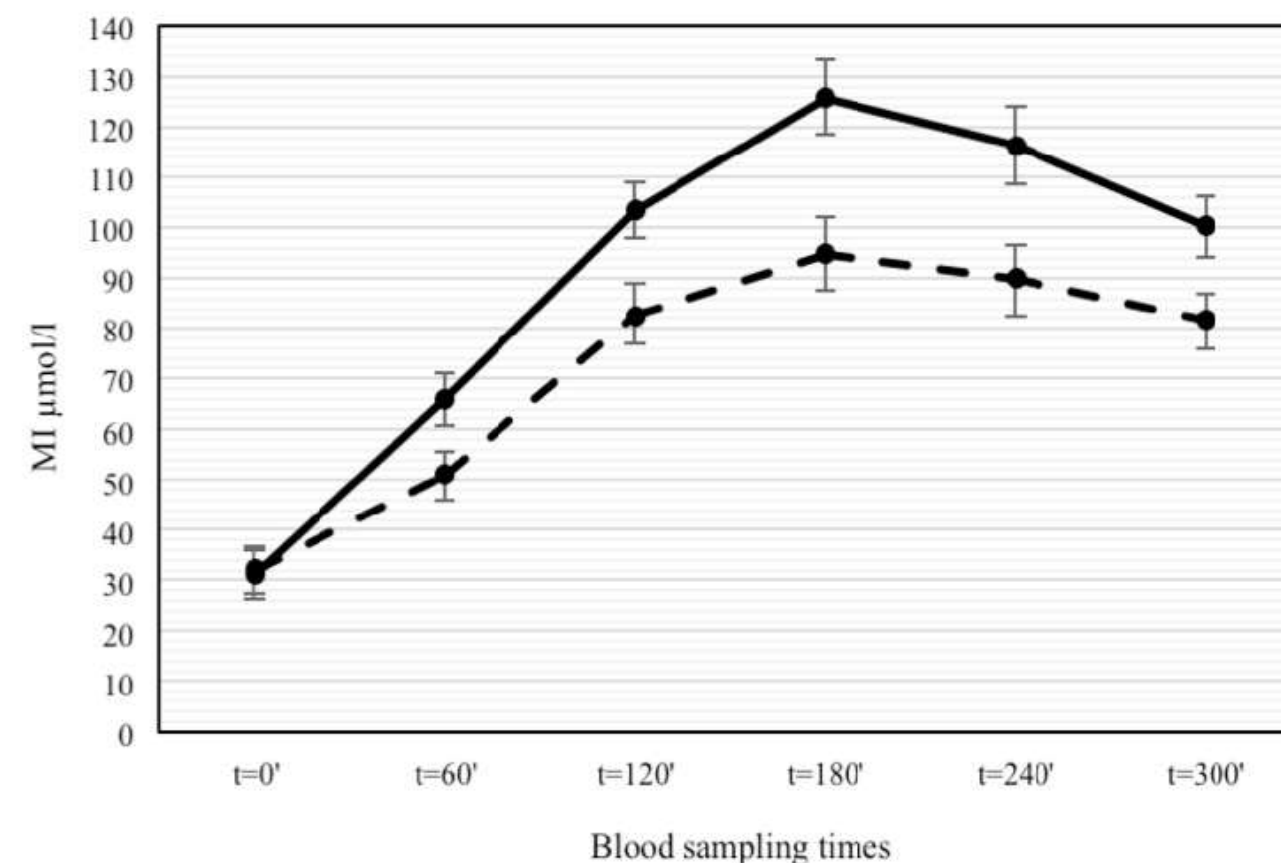
\*Source : Nordio et al., Eur Rev Med Pharmacol Sci, 2019



# The Power of $\alpha$ -Lactalbumin for Better Absorption

Inositol alone may have limited absorption in the body, which is why  $\alpha$ -lactalbumin is included in the formula to enhance its bioavailability.

Studies have shown that co-administration with  $\alpha$ -lactalbumin significantly improves the absorption of inositol.



- When MI was taken alone, plasma concentration increased approximately 3-fold from baseline (32.2  $\rightarrow$  95.1  $\mu\text{mol/L}$ )
- When MI was combined with  $\alpha$ -lactalbumin, plasma concentration increased approximately 4-fold from baseline (31.2  $\rightarrow$  125.9  $\mu\text{mol/L}$ )
- Co-administration with  $\alpha$ -lactalbumin led to an approximately 32% increase in maximum absorption.

\*Source : Monastra et al., Curr Drug Deliv, 2018

# The Synergistic Formula That Completes Inositol

The sub-ingredients in Fior Inositol are not mere marketing additives; they are scientifically selected to support the core functions of inositol.

- Folic Acid 800 µg DFE

Folic acid helps lower homocysteine levels and plays a vital role in ovulation and implantation.

Table IV. Serum sex hormone (for 6 to 8 weeks).

Characteristic	Myo inositol group N = 23		Placebo group N = 19		P value for change comparison
	Baseline	After treatment	Baseline	After treatment	
Total testosterone (ng/dl)	99.5 ± 7	34.8 ± 4.3	116.8 ± 15	109 ± 7.5	0.003
Free testosterone (ng/dl)	0.85 ± 0.11	0.24 ± 0.03	0.89 ± 0.12	0.85 ± 0.13	0.01
DHEAS (µg/dl)	366 ± 47	188 ± 24	384 ± 63	320 ± 35	0.06
SHBG (nmol/l)	144.4 ± 19	198 ± 24	147 ± 4	163 ± 26	0.40
Androstenedione (ng/dl)	267 ± 19	196 ± 26	271 ± 21	306 ± 41	0.09
Progesterone peak value (ng/ml)*	–	15.1 ± 2.2	–	6.6 ± 1.3	0.003

In studies, combined supplementation of myo-inositol and folic acid significantly reduced total and free testosterone levels while increasing progesterone levels, a key marker of ovulation.

→ These outcomes indicate improvements in PCOS symptoms and enhanced pregnancy potential.

\*Source : Costantino et al., Eur Rev Med Pharmacol Sci, 2009

# The Synergistic Formula That Completes Inositol

- Betaine 500 mg + Choline Bitartrate 100 mg  
Both ingredients serve as methyl donors and, together with folic acid, support homocysteine metabolism and liver function, helping to maintain hormonal balance.

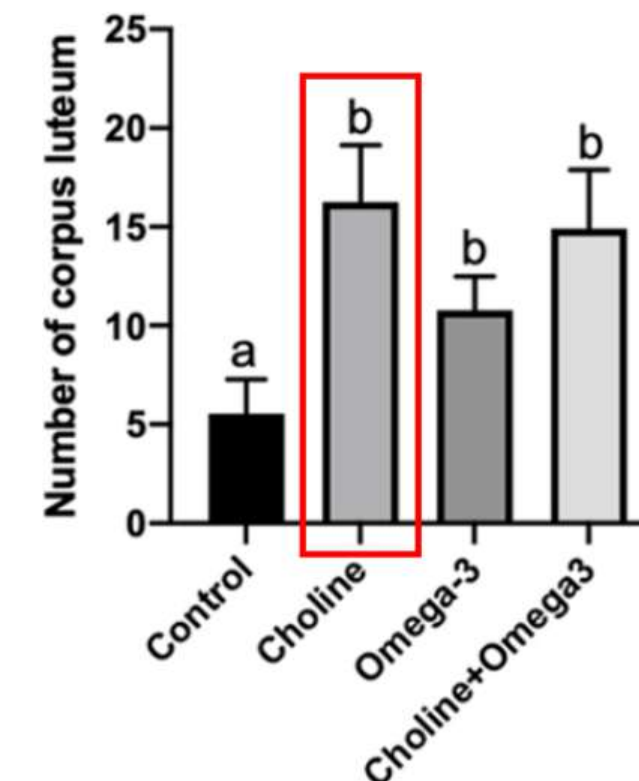
Taking into account the aforementioned, in an animal study employing embryos cultured in a medium containing 1% ethanol, impaired blastocyst formation and, subsequently, compromised implantation potential were observed [298]. These detrimental effects on

**Animal studies suggest that betaine's antioxidant properties may enhance embryo development under oxidative stress.**

prevalence of late-stage heart abnormalities, suggesting that low-concentration betaine supplementation may mitigate FASD [301].

In conclusion, animal studies provide strong evidence indicating that betaine holds significant antioxidant properties able to improve embryo developmental capacity in cases of severe oxidative damage. Considering that several endogenous and exogenous factors induce oxidative damage in gametes and embryos during IVF, future studies in humans should focus on providing evidence with regards to the role of betaine as a supplement in IVF culture media.

\*Source : Sfakianoudis et al., Int J Mol Sci, 2024



**In studies, the choline-supplemented group showed a significant increase in the number of corpora lutea in the ovaries compared to the control group ( $p < 0.05$ ), indicating enhanced ovulatory function.**

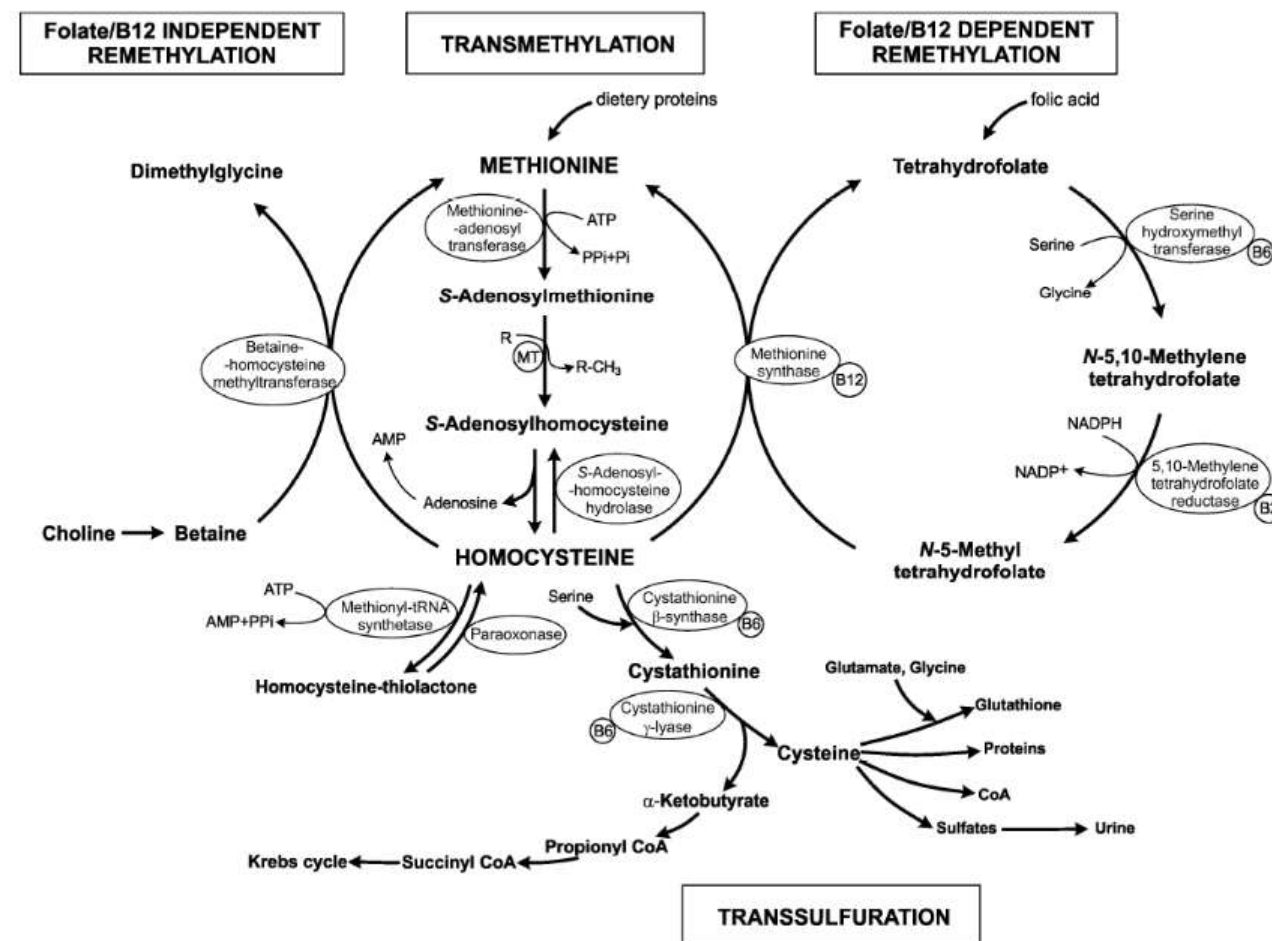
\*Source : Zhan et al., Front Biosci, 2021



# The Synergistic Formula That Completes Inositol

- B<sub>2</sub>·B<sub>6</sub>·B<sub>12</sub> & Vitamin D — Over 100% Daily Value

Vitamins B<sub>2</sub>·B<sub>6</sub>·B<sub>12</sub> help activate folate and support inositol metabolism and hormonal balance. Vitamin D promotes fertility and works synergistically with inositol for greater effectiveness.



\*Source : Škovierová et al., Int J Mol Sci, 2016

## Conclusion

We outlined how Vitamin D affects PCOS-related metabolic changes, reproductive ability, and mental wellness. The Vitamin D levels in PCOS patients' serum and follicular fluid were lower in prior research. Serum testosterone levels, IR parameters, and

Vitamin D supplementation in PCOS patients improved menstrual cycles, follicle development, and reduced testosterone levels-enhancing reproductive potential.

trials to identify the best therapy protocols.

In conclusion, it was highlighted in this review how PCOS and circulating 25(OH)D are related, as well as how Vitamin D affects PCOS women's capacity to conceive, metabolic changes, and mental health. Therefore, when treating PCOS patients, especially those who also had metabolic syndrome, hypovitaminosis D should be taken into consideration. Patients with PCOS who took Vitamin D supplements had improved menstrual cycles and folliculogenesis as well as lower serum testosterone levels, which were all positive effects on their capacity to reproduce. Therefore, it might be a novel therapeutic approach for treating PCOS in combination.

\*Source : Mohan et al., Ann Med Surg, 2023

# Product Features

**40:1**

## **40:1 Golden Ratio**

Scientifically optimized 40:1 ratio of myo-inositol to D-chiro-inositol, proven effective for restoring ovulation and supporting metabolic balance.

**α**

## **With α-Lactalbumin**

Formulated with α-lactalbumin to enhance the absorption of inositol, which may be limited when taken alone.

## **3+1 Vitamin Synergy**

A synergistic blend of Vitamins B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub> (which support folate metabolism) and Vitamin D, known to help improve insulin sensitivity and reproductive health—maximizing the efficacy of inositol.

**3+1**

Contains no silicon dioxide, magnesium stearate, CMC-Ca, or HPMC—common processing aids often used for manufacturing convenience—ensuring cleaner, safer formulation.

## **Free from 4 Chemical Additives**

**4**

# THANK YOU

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