

The impact of different stereoisomers of inositol on insulin sensitivity of gestational diabetes mellitus patients

Jing He, Yan-Li Zhang, Li-Ping Wang, Xiao-Chun Liu

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<https://www.tandfonline.com/doi/abs/10.1080/14767058.2018.1500545>

Jan 07, 2019 · Objective: To identify the effects of different dietary inositol stereoisomers on insulin resistance and the development of gestational diabetes mellitus (GDM) in women at high risk for this disorder. Design: A preliminary, prospective, randomized, placebo controlled clinical trial. Participants: Nonobese singleton pregnant women with an elevated fasting glucose in the first or early second ...

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<https://link.springer.com/10.1007/s00592-018-1157-4>

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2. PCOS. PCOS is characterized by reproductive and metabolic implications and it is currently considered as the most common cause of female infertility [13, 14]. In particular PCOS has been associated with several risk factors for cardiovascular disease (CVD) such as obesity, diabetes, hypertension, and dyslipidemia which share the same pathogenetic mechanism, that is, insulin resistance [14–16].

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Different isomers and multiple combinations of these compounds are presently available: Aim of the present review article is to examine the existing evidence in order to clarify and/or define the effects of different inositol- and antioxidant-based supplements during pregnancy complicated by insulin resistance and/or by diabetes.

<https://onlinelibrary.wiley.com/doi/full/10.1002/dmrr.3154>

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[Inositol Stereoisomers to Treat Gestational Diabetes ...](#)

<https://clinicaltrials.gov/ct2/show/NCT02097069> ▾

The investigators aim to compare the effect of different inositol stereoisomers supplementation in lowering insulin resistance **levels after 8 weeks of treatment in pregnant women with GDM and in...**

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