



Inositol & Anxiety: A Quick Overview

Inositol, often referred to as **vitamin B8** (though not a true vitamin), plays a crucial role in **neurotransmitter signaling** and has been shown to effectively reduce anxiety, panic attacks, and OCD symptoms.

1. Neurotransmitter Modulation

- **Serotonin & Dopamine Support:** Inositol enhances **serotonin receptor sensitivity**, improving mood and reducing anxiety.
- **GABA Regulation:** Helps stabilize **GABAergic signaling**, promoting relaxation.
- **Balances Glutamate:** Reduces excessive excitatory activity linked to panic and generalized anxiety.

2. Panic Disorder & OCD

- High doses (**12-18g daily**) have been shown to be as effective as SSRIs in reducing **panic attacks** and symptoms of **obsessive-compulsive disorder (OCD)**.
- Works by improving **phosphatidylinositol signaling**, crucial for **serotonin receptor function**.

3. Cortisol & Stress Resilience

- Reduces **HPA axis overactivation**, lowering **cortisol spikes** in response to stress.
- Helps **stabilize blood sugar**, preventing **stress-induced mood swings**.

4. Sleep & PMS-Related Anxiety

- **Myoinositol** improves **sleep quality** by supporting serotonin and melatonin pathways.
- Reduces **PMDD/PMS-related anxiety and mood swings**, especially when combined with magnesium and B6.

5. Clinical Considerations

- **Dosing:**
 - **Mild anxiety:** 2-4g daily.
 - **Panic/OCD:** 12-18g daily (divided doses).
- **Well-tolerated**, but high doses may cause mild GI discomfort (bloating).
- Works synergistically with **magnesium, taurine, and L-theanine** for enhanced calming effects.

Bottom Line

Inositol is a **powerful yet gentle anxiolytic**, balancing **serotonin, dopamine, and GABA** while reducing **panic, OCD symptoms, and cortisol-driven stress responses**, making it a great option for natural anxiety support.

