

Inositol Supplementation Might Reduce Gestational Diabetes Incidence and Severity

Gestational diabetes is a common complication of pregnancy, with a global incidence of 16.7 percent in 2021. It is associated with an increased risk of pregnancy complications and long-term health outcomes for both mother and baby. Supplementation with inositol has been studied as a potential intervention for gestational diabetes, and a recent meta-analysis provides specific recommendations.

Studies included in the meta-analysis were randomized controlled trials that evaluated myo- and/or D-chiro-inositol for preventing gestational diabetes (diabetes resulting from pregnancy). The meta-analysis did not include trials in which pregnant women had previously been diagnosed with type 1 or 2 diabetes, trials that included supplementation other than inositol and folic acid, or studies where the outcomes did not include incidence of gestational diabetes. Seven trials had a total of 1,321 participants were included in the meta-analysis.

Primary outcomes included the incidence of gestational diabetes and glucose levels during the oral glucose tolerance test. The study also evaluated maternal health, delivery, and neonatal health outcomes.

When compared with a control group, supplementation with 4 grams of myo-inositol daily resulted in a significantly decreased incidence of gestational diabetes, plasma glucose levels measured by the oral glucose tolerance test (fasting, 1-hour, and 2-hour), and the need for insulin treatment. Incidence of preterm delivery, birth weight percentiles, and neonatal hypoglycemia were also reduced in the myo-inositol supplementation group. Supplementation of D-chiro-inositol in combination with myo-inositol was not different from the control group on any outcomes studied. The authors concluded that 4 grams of myo-inositol daily during pregnancy should be considered to help prevent gestational diabetes.

Contributed by Jennifer L. Greer, ND, MEd

Thorne's new [Ovarian Care](#) for promoting healthy ovarian function and reproductive health contains 2 grams of myo-inositol per serving, in addition to D-chiro-inositol, 5-MTHF, CoQ10,

Reference

[Wei J, Yan J, Yang H. Inositol nutritional supplementation for the prevention of gestational diabetes mellitus: a systematic review and meta-analysis of randomized controlled trials. *Nutrients* 2022;14\(14\):2831. doi:10.3390/nu14142831](#)

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