

Grape Seed Extract 4.25 + Inositol 12.50mg + Berberine HCL 277.25mcg + Chromium Picolinate 201.50mcg + Myo-Inositol 500mg + Folic Acid 45mcg + Vitamin D3 90 IU

## Myohub Forte Tablet

**Grape Seed Extract 4.25mg + Inositol 12.50mg + Berberine HCL 277.25mcg + Chromium Picolinate 201.50mcg + Myo-Inositol 500mg + Folic Acid 45mcg + Vitamin D3 90 IU Tablet**  
**Information**

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### Generic Name:

**Grape Seed Extract, Inositol, Berberine HCL, Chromium Picolinate, Myo-Inositol, Folic Acid, Vitamin D3**

### Form:

**Tablet**

### Therapeutic Class:

**Dietary Supplement, Antioxidant, Metabolic Support**

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### Description

**This tablet combines multiple active ingredients, each with distinct health benefits:**

- **Grape Seed Extract (4.25mg):** Rich in antioxidants, particularly oligomeric proanthocyanidin complexes (OPCs), which help reduce oxidative stress and inflammation in the body. It supports cardiovascular health and improves blood circulation.
- **Inositol (12.50mg):** A type of sugar that affects the way the body uses insulin and influences several cellular processes. It has been studied for its role in supporting metabolic health and

managing symptoms of conditions like polycystic ovary syndrome (PCOS).

- **Berberine HCL (277.25mcg):** A plant alkaloid with powerful effects on metabolism. It helps lower blood sugar levels, supports lipid metabolism, and can promote healthy cholesterol levels.
  - **Chromium Picolinate (201.50mcg):** A trace mineral that enhances the action of insulin, helping regulate blood sugar levels and improve glucose metabolism.
  - **Myo-Inositol (500mg):** A form of inositol that plays an important role in cellular signaling and insulin sensitivity. It is commonly used to support women with PCOS and improve metabolic function.
  - **Folic Acid (45mcg):** A B-vitamin that is essential for DNA synthesis, cell division, and overall growth. It is particularly important in pregnancy for preventing neural tube defects.
  - **Vitamin D3 (90 IU):** A fat-soluble vitamin that supports bone health, immune function, and calcium absorption. It helps improve mood and overall metabolic health.
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### Indications

**This supplement is indicated for:**

- **Blood Sugar Management:** Supports healthy glucose levels and insulin sensitivity, particularly beneficial for individuals with insulin resistance or prediabetes.
- **Metabolic Support:** Helps improve metabolism, support weight management, and enhance fat burning.

- **PCOS Management:** Supports women with PCOS by improving insulin sensitivity, hormonal balance, and ovarian function.
- **Antioxidant Support:** Provides antioxidant protection, reducing oxidative stress and promoting cardiovascular and overall health.
- **Bone and Immune Health:** Supports bone density and immune system function, especially with the inclusion of Vitamin D3 and Folic Acid.

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## Dosage and Administration

- **Adults:** Take 1 tablet daily, preferably with a meal or as directed by a healthcare provider.
- **Children:** Consult a healthcare provider before use in children under 18 years of age.

**Note:** Follow the dosage instructions provided by your healthcare provider for optimal results.

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## Contraindications

- Hypersensitivity to any of the ingredients in the tablet.
- Not recommended for pregnant or breastfeeding women unless advised by a healthcare provider.
- Use with caution in individuals with thyroid disorders or kidney problems (especially concerning Chromium Picolinate).

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## Precautions

- **Pregnancy and Lactation:** Although safe in many cases, consult with a healthcare provider before using during pregnancy or while breastfeeding.
- **Diabetes and Blood Sugar:** Individuals with diabetes or those taking medication to control blood sugar levels should monitor their blood sugar closely, as this supplement may impact glucose metabolism.
- **Surgical Interventions:** Discontinue use at least 2 weeks before scheduled surgery to prevent potential interactions with medications or anesthesia.
- **Drug Interactions:** May interact with medications for diabetes, blood pressure, or cholesterol. Always consult a healthcare provider if taking prescription medications.

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## Side Effects

### Common side effects:

- Mild gastrointestinal discomfort (bloating, nausea)
- Headaches or dizziness in some cases
- Temporary changes in bowel movements (due to Chromium or Berberine)

### Rare but serious side effects:

- Allergic reactions (rash, itching, swelling, difficulty breathing)
- Signs of low blood sugar (e.g., shaking, sweating, dizziness)
- Kidney or liver issues (especially with long-term use of Chromium or Berberine)

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## Drug Interactions

- **Medications for Diabetes:** The combination of Berberine, Inositol, and Chromium may enhance the effects of blood sugar-lowering medications, which could lead to hypoglycemia.
  - **Anticoagulants and Antiplatelets:** Grape Seed Extract may interact with blood-thinning medications, increasing the risk of bleeding.
  - **Antihypertensive Medications:** Berberine may lower blood pressure, potentially interacting with antihypertensive drugs.
  - **Thyroid Medications:** Chromium Picolinate may affect thyroid function, so consult a doctor if taking thyroid medications.
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## Storage Instructions

- Store in a cool, dry place at room temperature (15-25°C).
  - Protect from moisture and direct sunlight.
  - Keep out of reach of children.
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## Additional Notes

- This tablet is intended to be used as part of a healthy diet and lifestyle.
- Regular monitoring of blood sugar levels, particularly in individuals with diabetes or metabolic syndrome, is recommended during use.
- Consult a healthcare provider before starting this supplement if you have any pre-existing conditions or are taking any other medications.

**Always follow the dosage instructions provided by your healthcare provider to ensure the safety and efficacy of the supplement.**

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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Panchkula-134113

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