

MYOTEK

Myo-Inositol · D-Chiro-Inositol · L-Methylfolate · Vitamin D3 · 10 Sachets

Main uses

- Helps maintain a healthy reproductive system
- Supports hormonal balance
- Supports metabolic health
- Supports menstrual cycle regularity

PRODUCT INFORMATION

About Myotek

Myotek is a food supplement in sachets. It contains myo-inositol, D-chiro-inositol, L-methylfolate (the active form of folate) and vitamin D3.

Myotek is made to help maintain a healthy reproductive system. It supports reproductive health, hormonal balance, metabolic health and menstrual cycle regularity.

Myotek is a food supplement. It is not a medicine and does not replace a healthy diet or medical advice.

How to use

Take Myotek as directed on the pack, or as advised by your doctor or pharmacist.

1. Follow the directions on your Myotek pack for how to prepare and take the sachet.
2. Do not take more than the amount shown on the pack.
3. Ask your doctor or pharmacist before taking Myotek for a long time, or if you are taking other supplements that contain vitamin D or folate.

Ask your doctor or pharmacist if you are unsure how much to take.

Composition

SACHET

Each sachet contains myo-inositol, D-chiro-inositol, L-methylfolate and vitamin D3. The amount of each is shown on the pack.

TYPE

Food supplement.

PACK SIZES

Pack of 10 sachets.

Side effects and warnings

Myotek is a food supplement and is generally well tolerated. Some people may notice mild stomach upset, such as nausea, wind or loose stools.

- Do not take Myotek if you are allergic to any of its ingredients.
- Do not exceed the amount shown on the pack. Vitamin D3 and folate from other supplements should be counted in your total intake.
- If you are pregnant, planning a pregnancy or breast-feeding, ask your doctor before taking Myotek.
- See your doctor if you have irregular periods or other symptoms. A food supplement does not replace medical care.
- Tell your doctor or pharmacist about any medicines you take, especially medicines for diabetes.
- Keep out of reach of children. Store in a cool, dry place.

Always read the patient information leaflet in the pack. If you have any questions, ask your doctor or pharmacist.