



# IP6

## What Is It?

Inositol hexaphosphate (IP6), also known as phytic acid, is a natural antioxidant component of fiber-rich foods such as whole grains and legumes and is found in almost every cell of the body. Related to the B vitamin inositol, IP6 differs by the presence of six phosphate groups, influencing various cellular mechanisms.

## Uses For IP6

**Immune Support:** IP6 provides antioxidant and cellular function support that nutritionally promotes prostate, breast, colon and liver cell health. A number of studies indicate that IP6 promotes healthy cell metabolism and maintains proper enzyme activity in cells. The unique conformation of IP6 also gives it the specific ability to modulate hydroxyl radical formation, supporting natural defense mechanisms.\*

## What Is The Source?

IP6 is derived from the bran portion of brown rice.

## Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Phytate in foods has been associated with reduced mineral absorption. In particular, potential interference with iron absorption has been reported. People who are iron deficient should talk with a doctor before supplementing with IP6.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### IP6

**each vegetable capsule contains**



IP6 (inositol hexaphosphate) ..... 500 mg.  
(purified brown rice extract)  
2-4 capsules per day, in divided doses, between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.