Safety Assessment of Inositol as Used in Cosmetics

Status:	Draft Report for Panel Review
Release Date:	May 10, 2024
Panel Meeting Date:	June 3 – 4, 2024

The Expert Panel for Cosmetic Ingredient Safety members are: Chair, Wilma F. Bergfeld, M.D., F.A.C.P.; Donald V. Belsito, M.D.; David E. Cohen, M.D.; Curtis D. Klaassen, Ph.D.; Allan E. Rettie, Ph.D.; David Ross, Ph.D.; Thomas J. Slaga, Ph.D.; Paul W. Snyder, D.V.M., Ph.D.; and Susan C. Tilton, Ph.D. The Cosmetic Ingredient Review (CIR) Executive Director is Bart Heldreth, Ph.D., and the Senior Director is Monice Fiume. This safety assessment was prepared by Priya Cherian, M.S., Senior Scientific Analyst/Writer, CIR.

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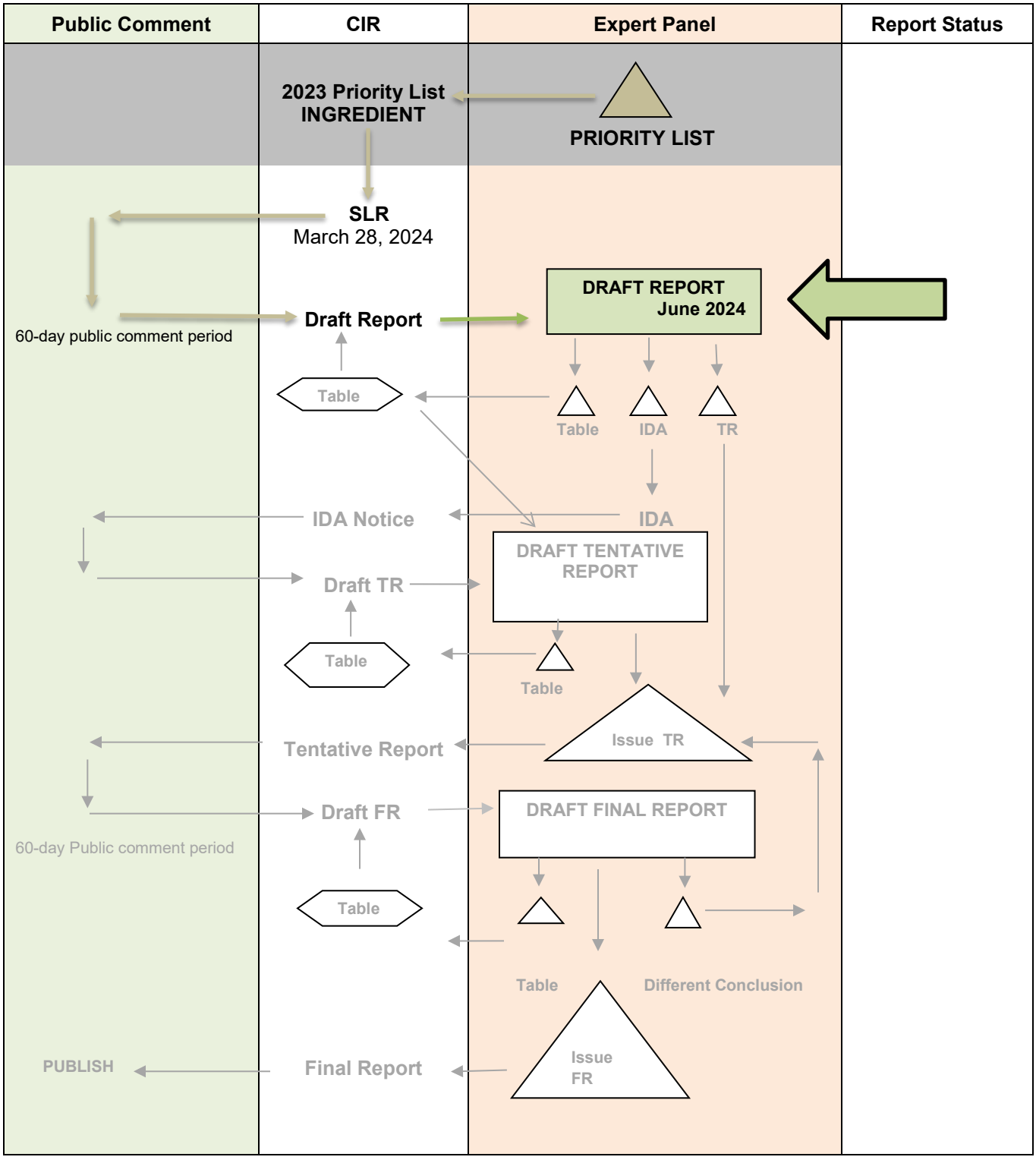
SAFETY ASSESSMENT FLOW CHART

INGREDIENT/FAMILY Inositol

MEETING June 2024



Cosmetic Ingredient Review

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Memorandum

To: Expert Panel for Cosmetic Ingredient Safety Members and Liaisons
From: Priya Cherian, M.S.
Senior Scientific Analyst/Writer, CIR
Date: May 10, 2024
Subject: Safety Assessment of Inositol as Used in Cosmetics

Enclosed is the Draft Report of the Safety Assessment of Inositol as Used in Cosmetics (*report_Inositol_062024*). This is the first time the Expert Panel for Cosmetic Ingredient Safety (Panel) is reviewing a safety assessment on this ingredient. A Scientific Literature Review (SLR) was announced on March 28, 2024.

Comments on the SLR (*PCPCcomments_Inositol_062024*) that were received from the Council have been addressed and follow this memo. A comment response checklist is also included (*response-PCPCcomments_Inositol_062024*). A submission from Council was received suggesting the inclusion of two reports found in the literature. These reports have been referenced in the Draft Report. (The memo from Council can be found herein as *data1_Inositol_062024*).

The following documents are also included in this packet for your review:

- 2022 concentration of use data (*data2_Inositol_062024*)
- a flow chart (*flow__Inositol_062024*)
- ingredient history (*history__Inositol_062024*)
- search strategy (*search__Inositol_062024*)
- data profile (*dataprofile_Inositol_062024)*

It should be noted that there are 9 potential geometric isomers of Inositol. According to the *Dictionary*, the two isomers used in the production of cosmetic ingredients are *myo*-inositol and D-*chiro*-inositol. Data on both of these configurations have been included in the report (and the isomeric form is called out); however, not all studies stated the isomer of inositol used, and in these cases, "isomer unspecified" is noted in the study summary. The data profile included herein therefore indicates the availability of data for *myo*-inositol, d-*chiro*-inositol, and inositol (isomer unspecified).

After reviewing these documents, if the available data are deemed sufficient to make a determination of safety, the Panel should issue a Tentative Report with a safe as used, safe with qualifications, unsafe, or split conclusion, and Discussion items should be identified. If the available data are deemed insufficient, the Panel should issue an Insufficient Data Announcement (IDA), specifying the data needs therein.

Personal Care Products Council
Committed to Safety, Quality & Innovation

Memorandum

TO: Bart Heldreth, Ph.D.
Executive Director - Cosmetic Ingredient Review

FROM: Alexandra Kowcz, MS, MBA
Industry Liaison to the CIR Expert Panel

DATE: April 8, 2024

SUBJECT: Scientific Literature Review: Safety Assessment of Inositol as Used in Cosmetics (release date: March 28, 2024)

The Personal Care Products Council respectfully submits the following comments on the Scientific Literature Review Safety Assessment of Inositol as Used in Cosmetics.

Chemical Properties – The log K_{ow} for d-chiro-Inositol should be -2.60 (consistent with the value in Table 1, not 2.60 as stated in the text.

Impurities – Was the USP checked for a monograph on Inositol? In addition to purity, impurity limits listed in the Food Chemical Codex should be stated.

Natural Occurrence – The concentrations of Inositol found in rat food (4 nmol D-chiro-Inositol/mg diet; reference 74) may be useful information to include in the Natural Occurrence section.

Non-Cosmetic Use – It would be helpful to state that the only limit for use in food is to follow good manufacturing practices.

The FDA has not approved Inositol for any over-the-counter (OTC) drug uses. Reference 26 includes dietary supplements, unapproved homeopathic drugs and unapproved OTC drugs. The references provided (26, 27) do not say anything about use in prescription animal drugs. If Inositol is really used in prescription animal drugs, there should be a reference to support this statement. Reference 27, the 2010 OTC drug list, is very outdated and should no longer be cited. The updated OTC monograph information is available at https://dps.fda.gov/omuf/monographsearch .

ADME; Summary – Please state the time after dosing the maximum concentrations were measured.

Developmental and Reproductive Toxicity Studies – It would be helpful to state what letrozole does (decreases estrogen).

Effects Observed with Use of Inositol for Disease/Disorder Treatment – It should be noted that some of the studies in the meta-analysis study of the effects of Inositol on treating preterm infants to prevent retinopathy of prematurity used intravenous treatment a route not relevant to use in cosmetics. The range of doses used in these studies should be stated.

Effect of Inositol on Reproductive Dysfunction – What was the dose/concentration of Inositol in the vaginal suppositories?

Retrospective and Multicenter Studies – The Introduction indicates that intravenous and intraperitoneal studies are not included in the report. Reference 102 in which premature infants were treated intravenously followed by enteral treatment should be removed from the report.

Summary – The following sentence should be revised. "Inositol has been reported to be used as a dietary supplement for the treatment of various illnesses." In the United States "A dietary supplement is a product intended for ingestion that, among other requirements, contains a "dietary ingredient" intended to supplement the diet. The term "dietary ingredient" includes vitamins and minerals; herbs and other botanicals; amino acids; "dietary substances" that are part of the food supply, such as enzymes and live microbials (commonly referred to as "probiotics"); and concentrates, metabolites, constituents, extracts, or combinations of any dietary ingredient from the preceding categories." (from: https://www.fda.gov/food/information-consumers-using-dietary-supplements/questions-and-answers-dietary-supplements). If Inositol was used to treat an illness in the United States it would be a drug, not a dietary supplement. Inositol may have been studied to treat various illnesses, but its use as a dietary supplement should not be implied as treating illnesses.

If the non-statistically significant increase in mortality observed in infants in the meta-analysis study is mentioned in the Summary, it should also note that these were preterm infants and some of the studies treated the infants by intravenous injection.

If reference 102 is left in the report, the Summary should note that adverse events were fewer in the Inositol-treated preterm infants.

Table 3 – The description of the Results from reference 17 could be more precise. Since only group one animals were sampled at time points less than an hour, the following sentence does not appear to be accurate. "The highest meat Inositol concentration in serum samples was observed within the first hour after administration in all test animals." It is likely that this sentence just applies to group 1 test animals as the first sample time was 2 hours in group 2 and 1.5 hours in group 3. At what timepoints were the mean concentrations of myo-Inositol 54.4, 43.9 and 44.6 µg/ml in groups 1, 2, and 3, respectively, obsersved?

Please revise the results column for reference 76 to indicate the time point at which the maximum plasma concentrations were observed.

Rather than repeating the exposures in the results column for reference 2, it could be edited to state “Mean Cmax at Tmax” and the Tmax values could be stated with the Cmax values, e.g., “soft gel containing 600 mg Inositol: 31.5 µmol/L at 180 min”

Table 4 – It is not clear why two rows are used for the Ames assay and in vitro cytogenicity/chromosome aberration assay predictions that differ only by with or without metabolic activation, and one row is used for the in vitro mouse lymphoma assay predictions with and without metabolic activation. If the only difference is with or without metabolic activation, one row for each assay prediction is sufficient.

Inositol - June 2024 – Priya Cherian	
Comment Submitter: Personal Care Products Council **Date of Submission: April 8, 2024**	
Comment	**Response/Action**
Chemical Properties – The log Kow for d-chiro-Inositol should be -2.60 (consistent with the value in Table 1, not 2.60 as stated in the text.	Addressed
Impurities – Was the USP checked for a monograph on Inositol? In addition to purity, impurity limits listed in the Food Chemical Codex should be stated.	Impurity limits have been added; USP could not be accessed
Natural Occurrence – The concentrations of Inositol found in rat food (4 nmol D-chiro-Inositol/mg diet; reference 74) may be useful information to include in the Natural Occurrence section.	This does not seem to fit the Natural Occurrence section so it was not included.
Non-Cosmetic Use – It would be helpful to state that the only limit for use in food is to follow good manufacturing practices.	Addressed
The FDA has not approved Inositol for any over-the-counter (OTC) drug uses. Reference 26 includes dietary supplements, unapproved homeopathic drugs and unapproved OTC drugs. The references provided (26, 27) do not say anything about use in prescription animal drugs. If Inositol is really used in prescription animal drugs, there should be a reference to support this statement. Reference 27, the 2010 OTC drug list, is very outdated and should no longer be cited. The updated OTC monograph information is available at https://dps.fda.gov/omuf/monographsearch .	reference 27 has been deleted; the non-cosmetic use section has been edited The following link was states the use of Inositol in OTC drugs, dietary supplements, and prescription animal drugs https://labels.fda.gov/ingredientname.cfm (however these uses have likely not been reviewed by the FDA)
ADME; Summary – Please state the time after dosing the maximum concentrations were measured.	Added when available to text of ADME section
Developmental and Reproductive Toxicity Studies – It would be helpful to state what letrozole does (decreases estrogen).	Addressed
Effects Observed with Use of Inositol for Disease/Disorder Treatment – It should be noted that some of the studies in the meta-analysis study of the effects of Inositol on treating preterm infants to prevent retinopathy of prematurity used intravenous treatment a route not relevant to use in cosmetics. The range of doses used in these studies should be stated.	Addressed
Effect of Inositol on Reproductive Dysfunction – What was the dose/concentration of Inositol in the vaginal suppositories?	Dose not stated (notation made in text)
Retrospective and Multicenter Studies – The Introduction indicates that intravenous and intraperitoneal studies are not included in the report. Reference 102 in which premature infants were treated intravenously followed by enteral treatment should be removed from the report.	Would the Panel like this deleted? The study was included due to the enteral treatment route.
Summary – The following sentence should be revised. "Inositol has been reported to be used as a dietary supplement for the treatment of various illnesses." In the United States "A dietary supplement is a product intended for ingestion that, among other requirements, contains a "dietary ingredient" intended to supplement the diet. The term "dietary ingredient" includes vitamins and minerals; herbs and other botanicals; amino acids; "dietary substances" that are part of the food supply, such as enzymes and live microbials (commonly referred to as "probiotics"); and concentrates, metabolites, constituents, extracts, or combinations of any dietary ingredient from the preceding categories." (from: https://www.fda.gov/food/information-	Addressed

Inositol - June 2024 – Priya Cherian	
Comment Submitter: Personal Care Products Council **Date of Submission: April 8, 2024**	
Comment	**Response/Action**
consumers-using-dietary-supplements/questions-and-answers-dietary-supplements). If Inositol was used to treat an illness in the United States it would be a drug, not a dietary supplement. Inositol may have been studied to treat various illnesses, but its use as a dietary supplement should not be implied as treating illnesses.	
If the non-statistically significant increase in mortality observed in infants in the meta-analysis study is mentioned in the Summary, it should also note that these were preterm infants and some of the studies treated the infants by intravenous injection.	Addressed
If reference 102 is left in the report, the Summary should note that adverse events were fewer in the Inositol-treated preterm infants.	Addressed
Table 3 – The description of the Results from reference 17 could be more precise. Since only group one animals were sampled at time points less than an hour, the following sentence does not appear to be accurate. “The highest meat Inositol concentration in serum samples was observed within the first hour after administration in all test animals.” It is likely that this sentence just applies to group 1 test animals as the first sample time was 2 hours in group 2 and 1.5 hours in group 3. At what timepoints were the mean concentrations of myo-Inositol 54.4, 43.9 and 44.6 µg/ml in groups 1, 2, and 3, respectively, observed?	Addressed
Please revise the results column for reference 76 to indicate the time point at which the maximum plasma concentrations were observed.	Addressed; observed maximum concentrations occurred at 90 min; estimated maximum concentrations occurred at 180 min
Rather than repeating the exposures in the results column for reference 2, it could be edited to state “Mean Cmax at Tmax” and the Tmax values could be stated with the Cmax values, e.g., “soft gel containing 600 mg Inositol: 31.5 µmol/L at 180 min”	Addressed
Table 4 – It is not clear why two rows are used for the Ames assay and in vitro cytogenicity/chromosome aberration assay predictions that differ only by with or without metabolic activation, and one row is used for the in vitro mouse lymphoma assay predictions with and without metabolic activation. If the only difference is with or without metabolic activation, one row for each assay prediction is sufficient.	Addressed

Inositol History

August 2023

- Communication with PCPC regarding which inositol configurations are used in cosmetic formulations – myo-inositol and d-chiro-inositol were determined to the configuratiosn sold in cosmetic products

March 2024

- SLR posted

April 2024

- Comments on SLR received from PCPC

June 2024

- Panel reviews Draft Report

Inositol Data Profile* – June 2024 – Writer, Priya Cherian																												
				Toxicokinetics			Acute Tox			Repeated Dose Tox			DART		Genotox		Carci		Dermal Irritation			Dermal Sensitization				Ocular Irritation		Clinical Studies
	Reported Use	Method of Mfg	Impurities	log P/log K_{ow}	Dermal Penetration	ADME	Dermal	Oral	Inhalation	Dermal	Oral	Inhalation	Dermal	Oral	Computational	In Vitro/In Vivo	Dermal	Oral	In Vitro	Animal	Human	In Vitro	Animal	Human	Phototoxicity	In Vitro	Animal	General
myo-inositol	X	X	X	X		X		X			X			X	X					X			X			X		X
D-*chiro*-inositol		X		X		X					X																	X
inositol (isomer unspecified)														X														X

* "X" indicates that data were available in a category for the ingredient

Inositol

CAS #	PubMed	FDA	HPVIS	NIOSH	NTIS	NTP	FEMA	EU	ECHA	ECETOC	SIDS	SCCS	AICIS	FAO	WHO	Web
87-89-8; 643-12-9	x	x	x		x				x							x

Search Strategy

PUBMED:

- INCI name searched along with "Typical Search Terms" listed below
- CAS numbers searched
- Chemical/technical names searched
- Inositol configurations searched: cis-inositol, epi-inositol, allo-inositol, myo-inositol, muco-inositol, neo-inositol, D-chiro-inositol, L-chiro-inositol, scyllo-inositol

Typical Search Terms

- metabolism
- dermal
- inhalation
- skin
- toxicity
- drug
- medicine
- irritation
- synthesis
- impurities
- ocular
- eye
- sensitization
- allergy
- manufacture
- cancer
- safety
- mutagenicity
- genotoxicity
- pharmacokinetics
- topical

LINKS

Search Engines

- Pubmed - http://www.ncbi.nlm.nih.gov/pubmed
  - appropriate qualifiers are used as necessary
  - search results are reviewed to identify relevant documents
- Connected Papers - https://www.connectedpapers.com/

Pertinent Websites

- wINCI - https://incipedia.personalcarecouncil.org/winci/ingredient-custom-search/
- FDA Cosmetics page - https://www.fda.gov/cosmetics
- eCFR (Code of Federal Regulations) - https://www.ecfr.gov/
- FDA search databases: https://www.fda.gov/industry/fda-basics-industry/search-databases
- Substances Added to Food (formerly, EAFUS): https://www.fda.gov/food/food-additives-petitions/substances-added-food-formerly-eafus
- GRAS listing: https://www.fda.gov/food/food-ingredients-packaging/generally-recognized-safe-gras
- SCOGS database: https://www.fda.gov/food/generally-recognized-safe-gras/gras-substances-scogs-database
- Inventory of Food Contact Substances Listed in 21 CFR: https://www.cfsanappsexternal.fda.gov/scripts/fdcc/index.cfm?set=IndirectAdditives
- Drug Approvals and Database: https://www.fda.gov/drugs/development-approval-process-drugs/drug-approvals-and-databases
- FDA Orange Book: https://www.fda.gov/drugs/drug-approvals-and-databases/approved-drug-products-therapeutic-equivalence-evaluations-orange-book
- OTC Monographs - https://dps.fda.gov/omuf
- Inactive Ingredients Approved For Drugs: https://www.accessdata.fda.gov/scripts/cder/iig/
- FEMA (Flavor & Extract Manufacturers Association) GRAS: https://www.femaflavor.org/fema-gras

- HPVIS (EPA High-Production Volume Info Systems) - https://iaspub.epa.gov/oppthpv/public_search.html_page
- NIOSH (National Institute for Occupational Safety and Health) - http://www.cdc.gov/niosh/
- NTIS (National Technical Information Service) - http://www.ntis.gov/
  - technical reports search page: https://ntrl.ntis.gov/NTRL/
- NTP (National Toxicology Program) - http://ntp.niehs.nih.gov/
- EUR-Lex - https://eur-lex.europa.eu/homepage.html
- Scientific Committees (SCCS, etc) opinions: https://health.ec.europa.eu/scientific-committees_en https://health.ec.europa.eu/scientific-committees/scientific-committee-consumer-safety-sccs_en
- ECHA (European Chemicals Agency – REACH dossiers) – https://echa.europa.eu/
- European Medicines Agency (EMA) - http://www.ema.europa.eu/ema/
- OECD SIDS (Organisation for Economic Co-operation and Development Screening Info Data Sets)- http://webnet.oecd.org/hpv/ui/Search.aspx
- EFSA (European Food Safety Authority) - https://www.efsa.europa.eu/en
- ECETOC (European Centre for Ecotoxicology and Toxicology of Chemicals) - http://www.ecetoc.org
- AICIS (Australian Industrial Chemicals Introduction Scheme)- https://www.industrialchemicals.gov.au/
- International Programme on Chemical Safety http://www.inchem.org/
- Office of Dietary Supplements https://ods.od.nih.gov/
- FAO (Food and Agriculture Organization of the United Nations) - http://www.fao.org/food/food-safety-quality/scientific-advice/jecfa/jecfa-additives/en/
- WHO (World Health Organization) IRIS library - https://apps.who.int/iris/
- a general Google and Google Scholar search should be performed for additional background information, to identify references that are available, and for other general information - www.google.com https://scholar.google.com/

Botanical Websites, if applicable

- Dr. Duke's - https://phytochem.nal.usda.gov/
- Taxonomy database - http://www.ncbi.nlm.nih.gov/taxonomy
- GRIN (U.S. National Plant Germplasm System) - https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx
- Sigma Aldrich plant profiler- http://www.sigmaaldrich.com/life-science/nutrition-research/learning-center/plant-profiler.html
- American Herbal Products Association Botanical Safety Handbook (2nd Edition; 2013) - http://abc.herbalgram.org/site/DocServer/AHPABotanicalSafety_FMexcerpt.pdf?docID=4601
- National Agricultural Library NAL Catalog (AGRICOLA) https://agricola.nal.usda.gov/
- The Seasoning and Spice Association List of Culinary Herbs and Spices
- http://www.seasoningandspice.org.uk/ssa/background_culinary-herbs-spices.aspx

Fragrance Websites, if applicable

- IFRA (International Fragrance Association) – https://ifrafragrance.org/
- Research Institute for Fragrance Materials (RIFM) - https://www.rifm.org/#gsc.tab=0 http://fragrancematerialsafetyresource.elsevier.com/
-

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ABBREVIATIONS

ADME	absorption, distribution, metabolism, and excretion
BMI	body mass index
C_{max}	maximum observed plasma concentration
CAS	Chemical Abstracts Service
CIR	Cosmetic Ingredient Review
CLP	classification, labeling, and packaging
Council	Personal Care Products Council
CPSC	Consumer Product Safety Commission
Dictionary	web-based *International Cosmetic Ingredient Dictionary and Handbook* (wINCI)
DMSO	dimethyl sulfoxide
ECHA	European Chemicals Agency
ED_5	median effective dose
EFSA	European Food Safety Authority
EU	European Union
FDA	Food and Drug Administration
HESS	Hazard Evaluation Support System
HET-CAM	hen's egg test chorioallantoic membrane
HRIPT	human repeated insult patch test
LD_{50}	median lethal dose
log K_{ow}	n-octanol/water partition coefficient
MMP	mitochondrial membrane potential
NR	none reported
OECD	Organisation for Economic Cooperation and Development
Panel	Expert Panel for Cosmetic Ingredient Safety
PKB	protein kinase B
QSAR	quantitative structure-activity relationship
TG	test guideline
T_{max}	time to peak concentration
VCRP	Voluntary Cosmetic Registration Program

INTRODUCTION

This assessment reviews the safety of Inositol as used in cosmetic formulations. According to the web-based *International Cosmetic Ingredient Dictionary and Handbook* (*Dictionary*; wINCI), Inositol is reported to function in cosmetics as a hair-conditioning agent and humectant.[1]

Inositol is commonly consumed,[2] and is generally recognized as safe (GRAS) in the US for use as a direct food additive and dietary supplement [21CFR184.1370 and 21CFR582.5370]. Daily exposure from food use would result in much larger systemic exposure than those from cosmetic products; therefore, the primary focus of this safety assessment on Inositol as used in cosmetics is the potential for local effects from topical exposure.

It should be noted that studies were found in the literature evaluating the metabolism of Inositol administered via methods that would result in high amounts of systemic exposure (i.e., intravenous and intraperitoneal administration). These studies were not included in the report as the systemic exposure via topical administration of Inositol is expected to be much lower than these methods of administration. In addition, studies were found in the literature regarding the use of Inositol as an oral supplement for various diseases. While summaries regarding the efficacy of Inositol for the treatment of these diseases are not provided in this report, a brief summary of the adverse effects observed in these studies can be found in the Clinical Studies section of this report.

This safety assessment includes relevant published and unpublished data that are available for each endpoint that is evaluated. Published data are identified by conducting an extensive search of the world's literature; a search was last conducted March 2024. A listing of the search engines and websites that are used and the sources that are typically explored, as well as the endpoints that the Expert Panel for Cosmetic Ingredient Safety (Panel) typically evaluates, is provided on the Cosmetic Ingredient Review (CIR) website (https://www.cir-safety.org/supplementaldoc/preliminary-search-engines-and-websites; https://www.cir-safety.org/supplementaldoc/cir-report-format-outline). Unpublished data are provided by the cosmetics industry, as well as by other interested parties.

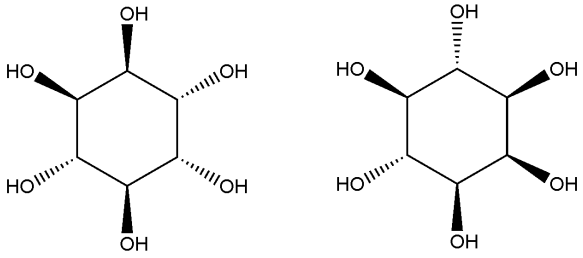
Inositol has 9 potential geometric isomers (see Chemistry section for further details). According to the *Dictionary*, the two isomers used in the production of cosmetic ingredients are *myo*-inositol and D-*chiro*-inositol.[3] Therefore, data on the remaining 7 isomers have not been provided in this report, as they are unlikely to be used in cosmetics. In addition, when the isomer of Inositol used in studies presented throughout the report is known, the isomer-specific name will be identified (e.g., Inositol (as *myo*-inositol)), as appropriate. When the specific isomer is unknown, the terms "inositols" or "an inositol" will be used throughout report text, in lower-case letters, along with the notation "isomer unspecified," in parenthesis.

Some of the data included in this safety assessment were found on the European Chemicals Agency (ECHA) website.[4] Please note that the ECHA website provides summaries of information generated by industry, and it is those summary data that are reported in this safety assessment when ECHA is cited.

CHEMISTRY

Definition and Structure

Inositol (CAS No. 87-89-8; 643-12-9) is a cyclohexyl polyol containing 6 hydroxyl functional groups, 1 per cyclohexyl carbon.[5] Inositol has a structure that is similar to the cyclic form of pyranose sugars, such as glucose, but does not have an oxygen atom in the ring; thus, it is considered to be a sugar alcohol.[3] Inositol has 9 potential stereoisomeric forms, 6 of which are naturally-occurring (*myo*-, D-*chiro*-, L-*chiro*-, *muco*-, *scyllo*-, and *neo*-), and 3 of which are synthetic (*allo*-, *cis*-, and *epi*-). According to the *Dictionary*, Inositol is the cyclic polyol that conforms generally to the structures below (Figure 1), inclusive only of the D-*chiro*- (CAS No. 643-12-9) and *myo*-inositol (CAS No. 87-89-8) stereoisomers:



D-*chiro*-inositol *myo*-inositol

Figure 1. Inositol

Chemical Properties

Inositol (as *myo*-inositol) is a white solid substance, with a water solubility of 28 g/100 g water (at 60 °C).[4] D-*chiro*-Inositol has a molecular weight of 180.16 g/mol[6] and log K_{ow} = -2.60[6], and *myo*-inositol has a molecular weight of 180.16[7] g/mol and log K_{ow} = -2.08[4]. Other chemical properties of Inositol (both *myo*-inositol and D-*chiro*-inositol) be found in Table 1.[4,6-9]

Method of Manufacture

The following methods of manufacturing are general to the production of the Inositol (both *myo*-inositol and D-*chiro*-inositol), and it is unknown whether these methods are used in the manufacture of Inositol for use in cosmetics.

Inositol *(*as *myo*-inositol) has been reported to be produced via hydrolysis, microbial fermentation, and in vitro enzymatic biocatalysis.[10] In conventional chemical acid hydrolysis, phytate is abstracted and purified via soaking, neutralization, and filtration. Phytate is hydrolyzed to produce *myo*-inositol via the use of inorganic acid under high temperature and pressure. Crude *myo*-inositol is concentrated and crystallized to produce refined *myo*-inositol. Modern hydrolysis production of *myo*-inositol includes the heating of a 40% aqueous solution of phytate with a catalyst consisting of glycerin, urea, and calcium carbonate. After a cooling period, the hydrolysate is cooled, filtered, crystallized, and washed to obtain refined *myo*-inositol.

For microbial fermentation, Inositol (as *myo*-inositol) is biosynthesized via the synergetic utilization of glucose and glycerol in *Escherichia coli*. In vitro cascade enzymatic biocatalysis involves the transformation of various substances (e.g., maltodextrin, amylose, starch, cellodextrins, sucrose, xylose) to *myo*-inositol with the use of several enzymes (e.g., maltodextrin phosphorylase, phosphoglucomutase, inositol 1-phosphate synthase).

Inositol stereoiosomers (such as D-*chiro*-inositol) can be prepared from *myo*-inositol by didehydroxylation.[11] D-*chiro*-Inositol may also be synthesized from a chiral chloro-diol produced by dihydroxylation of chlorobenzene in the presence of *Pseudomonas putida* strain 39/D.[12] According to 21CFR184.1370, inositols, or *myo*-inositol, occurs naturally, and is prepared from an aqueous (0.2% sulfur dioxide) extract of corn kernels by precipitation and hydrolysis of crude phytate.

Impurities

According to the *Food Chemicals Codex* specifications, Inositol (as *myo*-inositol) must have a purity of ≥ 97%, with ≤ 4 mg/kg lead, ≤ 0.005% chloride, and ≤ 0.006% sulfate.[13] Purity information on Inositol (as *myo*-inositol) as a feed additive for fish, dogs, and cats has been provided by the European Food Safety Authority (EFSA).[8] Samples of Inositol (as *myo*-inositol) used as a feed additive were reported to have purities ranging from 99.3 - 99.9%. In addition, samples were reported to contain < 0.3% D-mannitol, < 0.3% propane-1,2,3-triol, < 0.5 mg/kg lead, < 0.1 mg/kg arsenic, < 0.01 mg/kg cadmium, < 0.01 mg/kg mercury, and < 0.128 ng dioxins and dioxin-like polychlorinated biphenyls.

Natural Occurrence

Inositol is an ubiquitous substance found in living organisms, that may be present as a free sugar alcohol or as a headgroup of membrane lipids.[14] Inositol plays an important role in several biological functions such as maintaining metabolic homeostasis and cytoskeleton remodeling.[15-17] Of the 9 possible stereoisomers, *myo*-inositol is the predominant form of inositol found in the human body; however D-*chiro*-inositol may also be found.[18] In addition, *myo*-inositol can be converted in the body to D-*chiro*-inositol via a nicotinamide adenine dinucleotide/nicotinamide adenine dinucleotide phosphate-dependent epimerase enzyme.[19] Animal tissues richest in Inositol (as *myo*-inositol) are the brain, heart, stomach, kidney, spleen, and liver.[20] In mammals, inositols are produced in the liver and kidneys at a rate of approximately 4 g/d.[3]

USE

Cosmetic

The safety of the cosmetic ingredient addressed in this assessment is evaluated based on data received from the US Food and Drug Administration (FDA) and the cosmetics industry on the expected use of this ingredient in cosmetics and does not cover its use in airbrush delivery systems. Data included herein were obtained from the FDA's Voluntary Cosmetic Registration Program (VCRP) database in 2023 (frequency of use) and in response to a survey conducted by the Personal Care Products Council (Council) in 2022 (maximum use concentrations). The data were provided by cosmetic product categories, based at that time on 21CFR Part 720. For most cosmetic product categories, 21CFR Part 720 did not indicate type of application and, therefore, airbrush application is not considered. Airbrush delivery systems are within the purview of the US Consumer Product Safety Commission (CPSC), while ingredients, as used in airbrush delivery systems, are within the jurisdiction of the FDA. Airbrush delivery system use for cosmetic application has not been evaluated by the CPSC, nor has the use of cosmetic ingredients in airbrush technology been evaluated by the FDA. Moreover, no consumer habits and practices data or particle size data are publicly available to evaluate the exposure associated with this use type, thereby preempting the ability to evaluate risk or safety.

According to 2023 VCRP survey data, Inositol is used in 212 total formulations (185 leave-on formulations and 27 rinse-off formulations; Table 2).[21] The results of the concentration of use survey conducted by the Council in 2022 indicate Inositol is used at up to 2% (in face and neck products and in moisturizing products).[22]

Ocular exposure to Inositol may occur as this ingredient is used in products used near the eye (e.g., Inositol is used in eye lotion at up to 1%). In addition, mucous membranes are exposed and incidental ingestion may occur as Inositol is reported to be used in a lipstick formulation (concentration of use not provided).

Inositol is used in a face powder formulation (concentration of use not provided), and could possibly be inhaled. In practice, as stated in the Panel's respiratory exposure resource document (https://www.cir-safety.org/cir-findings), most

droplets/particles incidentally inhaled from cosmetics would be deposited in the nasopharyngeal and tracheobronchial regions and would not be respirable (i.e., they would not enter the lungs) to any appreciable amount. Conservative estimates of inhalation exposures to respirable particles during the use of loose powder cosmetic products are 400-fold to 1000-fold less than protective regulatory and guidance limits for inert airborne respirable particles in the workplace.

Although products containing this ingredient may be marketed for use with airbrush delivery systems, this information is not available from the VCRP or the Council survey. Without information regarding the frequency and concentrations of use of this ingredient (and without consumer habits and practices data or particle size data related to this use technology), the data are insufficient to evaluate the exposure resulting from cosmetics applied via airbrush delivery systems.

Inositol is not restricted from use in any way under the rules governing cosmetic products in the European Union.[23]

Non-Cosmetic

Inositol is used in several industries including food, medicine, and animal feed.[24] Inositol can be found in many foods, including vegetables, nuts, fruit, milk, grains, fish, meat, and eggs.[25] The amount of Inositol (as *myo*-inositol) present in a 2500 kcal American diet is approximately 900 mg.[26] Inositol is GRAS as a direct human food ingredient based upon current good manufacturing practice conditions of use [21CFR184.1370] and when used in animal nutrients and/or dietary supplements when used in accordance to good manufacturing or feeding practice [21CFR582.5370]. Inositol is used in infant formula in accordance with regulations listed in 21CFR105.65. Additionally, Inositol is used as an active ingredient in prescription animal drugs and human over-the-counter drugs;[27] these uses have likely not been reviewed by the FDA, in that there are no OTC monographs for Inositol.[28] This ingredient has been studied for use as treatment for many disorders including, but not limited to, plaque psoriasis, gestational diabetes mellitus, trichotillomania, mental health disorders, polycystic ovary syndrome, infertility, hypothyroidism, and non-alcoholic fatty liver disease.[29-73]

TOXICOKINETIC STUDIES

Absorption, Distribution, Metabolism, and Excretion (ADME)

Inositol (as *myo*-inositol) is actively transported by intestinal cells via sodium-ion coupled transporters.[74] The majority of the free Inositol is absorbed from the human gastrointestinal tract through this active transport system, after which it may reach body tissues via the bloodstream.[75] The cellular uptake and absorption of Inositol may be reduced or inhibited in the presence of glucose due to the competitive affinity for the same transporter system. Glucose may also deplete Inositol levels via the activation of the glucose-sorbitol pathway. Because of this, individuals with type 2 diabetes may display altered levels of Inositol excretion compared to healthy individuals.

Details regarding the studies summarized herein can be found in Table 3. More than 98% of total ingested Inositol (as D-*chiro*-inositol) was absorbed from the gastrointestinal tract in an assay in which rats were given a diet containing 0.23% Inositol for at least 1 mo plus 1 wk.[76] Minimal amounts of the ingested Inositol were found in the feces and urine, suggesting extensive metabolism prior to excretion. The mean serum concentrations of 3 groups of rats given 2000 mg/kg Inositol (as *myo*-inositol) in distilled water were 54.4, 43.9, and 44.6 µg/ml (animals observed at different time intervals up to 24 - 48 h; highest concentrations observed within 1 h of administration).[17] Supplementation of the diet of pregnant rats with 0.5% Inositol (as *myo*-inositol) resulted in increased levels of Inositol in the plasma, liver, kidneys, and intestines of offspring, and increased levels of Inositol in the milk and mammary tissues of dams.[77] A maximum plasma concentration of 0.23 mM was observed in 8-d-old rats given a formula supplemented with 114 mg/100 ml Inositol (as *myo*-inositol; after 2 d of treatment).[78] In a study performed in 5 female subjects given 100 mg/kg bw Inositol (as *myo*-inositol) in water (oral ingestion), the highest urinary Inositol concentration was approximately 550 µmol/mmol creatinine 275 min after test substance administration.[79] The observed maximum serum concentration (96.5 µmol/l) was observed 90 min post-ingestion. Mean maximum observed plasma concentration (C_{max}) values were similar in subjects administered oral doses of a soft gel containing 600 mg Inositol (as *myo*-inositol) and 2000 mg of Inositol (as *myo*-inositol) powder (mean C_{max} of 31.5 and 36.3 µmol/l, respectively).[2] Similarly, in the same study, mean C_{max} values were comparable following administration of a soft gel containing 1200 mg Inositol and 4000 mg of Inositol powder (mean C_{max} of 41.5 and 45 µmol/l, respectively). Maximum plasma concentrations in this study were observed 180 - 122 min after treatment.

TOXICOLOGICAL STUDIES

Acute Toxicity Studies

Animal

Oral

A median lethal dose (LD_{50}) of 10,000 mg/kg bw was determined for Inositol (as *myo*-inositol) in an acute oral toxicity assay performed in mice.[4] No details regarding this study were provided.

Computational

A quantitative structure activity relationship (QSAR) model (consensus model; Toxicity Estimation Software Tool v4.2.1) was used to evaluate the potential acute oral toxicity of Inositol (as *myo*-inositol) in rats.[4] The predicted acute oral LD_{50} was determined to be 19,483.68 mg/kg.

Short-Term Toxicity Studies

Animal

Oral

The effect of Inositol (as *myo*-inositol) on weight gain and the patterns of lipids in the liver was evaluated in male Wistar rats (20-d-old and 3-mo-old; number of animals per group not stated).[4] Twenty-day-old rats received 10, 100, 200, or 1000 mg/kg bw/d and 3-mo-old rats were given 5, 50, 500, or 5000 mg/kg bw/d. Controls used, but details regarding control animals not provided. All administrations occurred for 45 d via gavage (water used as vehicle). No treatment-related effects on weight gain were observed in 3-mo-old rats compared to controls. In 20-d-old rats, growth was slightly inhibited in the 1000 mg/kg bw/d group, compared to controls. No significant differences in liver lipid patterns were observed in treated animals of either age compared to controls. No other details regarding this study were provided.

Human

Oral

Ten healthy women were supplemented with 1200 mg Inositol (as D-*chiro*-inositol), once per day, for 1 mo.[80] Clinical features were evaluated at baseline and after 1 mo of supplementation. After supplementation, statistically significant ($p < 0.01$) increases in free testosterone levels and asprosin were observed. Differences between baseline and 1 mo post-treatment for all other parameters (body mass index (BMI), glycemia, insulinemia, insulin resistance, follicle-stimulating hormone, luteinizing hormone, estradiol, and dehydroepiandrosterone) measured were not statistically-significant.

Computational

No alerts for short-term oral toxicity were raised for Inositol (as *myo*-inositol) in a Hazard Evaluation Support System Integrated Platform prediction using the QSAR Toolbox v4.1 (HESS Prediction v.2.9).[4] Similarly, Inositol (as *myo*-inositol) raised no alerts for organ toxicity following short-term oral exposure when evaluated computationally (Derek Nexus 5.0.2, Nexus 2.1.1).

DEVELOPMENTAL AND REPRODUCTIVE TOXICITY STUDIES

Animal

Oral

The effect of Inositol (as D-*chiro*-inositol) on estrus cycles, ovary histology, serum testosterone, and ovarian aromatase was evaluated in female C57BL/6N mice (5/group).[81] Animals were given drinking water containing Inositol (5, 10, or 20 mg/d) for 21 d. A negative control group was given plain water, and a positive control group was given drinking water containing 0.5 mg/kg/d letrozole (a +estrogen-reducing agent). Starting from the second week of treatment, mice were subjected to daily evaluations of the progression of their estrus cycles via vaginal smears. At the end of treatment, animals were killed and analyses were performed. Estrus cycles progressed through all phases in the negative control group; however, cycles were arrested at day 8 - 10 in treated mice of all at all concentrations and in positive controls. No abnormalities were observed regarding the gross morphology of uteri/ovaries or histology following treatment in negative control animals. Uteri of mice that received either Inositol or letrozole displayed immature/metestrus-diestrus-like aspect and small/immature ovaries. Ovaries from mice treated with 5 mg/d Inositol had normal primary and secondary follicles, but had cystic tertiary follicles. Ovaries of letrozole-treated mice were similar, but contained larger cystic follicles, characterized by the absence of the oocyte. Ovaries of animals treated with 10 or 20 mg/d Inositol had some primary and secondary follicles, a very limited number of tertiary follicles, no follicles at more advanced stages, and no cystic follicles. In addition, animals treated with 10 or 20 mg/d Inositol displayed areas with diffused, aberrant cell proliferation. Levels of serum testosterone in the 5 mg/d treated group was statistically significantly increased compared to negative control mice ($p < 0.05$). Levels of serum testosterone in higher dose groups were similar or lower than those of negative control mice. Levels of aromatase in the ovaries of mice treated with 5 mg/d was statistically significantly lower compared to the positive control ($p < 0.05$), and lower than the negative control (not statistically significant). Serum aromatase levels were statistically significantly lower in the 5 mg/d treated group compared to positive and negative controls. No significant differences were observed in higher dose groups compared to positive and negative controls.

Groups of 6 Long Evans female rats were given diets containing 0 or 1% of an inositol (isomer unspecified) for 37 d prior to mating with untreated males.[82] Pup growth, reproduction, and lactation parameters were evaluated. No significant difference in the rate of growth or gross appearance were observed in dams treated with an inositol versus the untreated control group. Similarly, no significant difference in the number of pups/litter was observed in control and treated groups. Lactation was inadequate in both control and treated groups; however, this effect was likely due to dietary fat insufficiencies. No other details regarding this study were provided.

Other

The effect of Inositol (as *myo*-inositol) on post-implantation/post-natal development was evaluated in fertilized C57BL/6N mouse embryos in vitro (number of embryos analyzed not stated).[83] Naturally-fertilized, one-cell embryos were cultured with either 14 µl/ml Inositol in cleavage medium or phosphate-buffered saline in cleavage medium. Developing embryos were scored daily for morphology and progression through cleavage stages. Embryos of the blastocyst or morula

stage were analyzed for activation of the protein kinase B (PKB)/Akt pathway (known to modulate proliferation/survival cellular processes) via immunofluorescence analysis. The level of serine 473-phosphorlayed Akt did not appear to be modified in embryos cultured in the presence of Inositol in the morula stage; however, it was increased at the blastocyst stage, compared to untreated controls ($p = 0.02$). In 10 replicate experiments, embryos that developed to the blastocyst stage after 4 d of culture with or without Inositol were transferred to the uteri of untreated, pseudopregnant mice (number of animals used not specified). On the day of delivery, newborn animals were weighed, checked for gross abnormalities, and left to be nursed until weaning. The number of delivered animals was statistically-significantly increased in embryos treated with Inositol compared to untreated controls ($p < 0.05$). Somatometric development and body weights at birth, 1 wk, and 3 wk after birth were similar in control and treated embryos.

GENOTOXICITY STUDIES

Details regarding the in vitro studies and the QSAR models summarized here can be found in Table 4. Inositol (as *myo*-inositol; up to 5%) was not mutagenic in in vitro assays (plate test and suspension test) performed using *Salmonella typhimurium* and *Saccharomyces cerevisiae*.[84] Assays were performed with and without metabolic activation. The mutagenic potential of Inositol (as *myo*-inositol) was evaluated in several QSAR models (prediction of Ames assay, chromosomal aberration assay, in vitro mouse lymphoma assay, and in vivo micronucleus assay).[4] The test substance was predicted to be non-genotoxic in all models.

CARCINOGENICITY STUDIES

No carcinogenicity studies were found in the literature, and no unpublished data were submitted.

ANTI-CARCINOGENICITY STUDIES

Inositol has been observed to have statistically-significant anti-carcinogenic/tumor suppressive effects in vitro (in colorectal cell lines treated with Inositol (as *myo*-inositol) at up to 5%), in mice (orally-administered Inositol (as *myo*-inositol) at 1 - 3%), in humans (smokers orally-administered 18 g/d Inositol (as *myo*-inositol)), and in a case report in which a patient with metastatic melanoma consumed a daily dietary supplement consisting of phytic acid and inositol (isomer unspecified; dose taken not stated).[85-92] Other studies performed in mice report that Inositol (as *myo*-inositol) supplementation does not have a statistically-significant effect on tumor suppression (studies performed using orally-administered Inositol at 0.5 and 3%).[93-95]

OTHER RELEVANT STUDIES

Neurotoxicity

The following study has been provided as it may provide information regarding the potential neurotoxicity of Inositol. The effect of Inositol (as *myo*-inositol) on the proliferation of cultured Schwann cells was evaluated in vitro.[96] Schwann cells were isolated from the sciatic nerve of neonatal Sprague-Dawley rats and cultured with Inositol (50 – 100 µg/ml) for 24 h. Proliferation was estimated with incorporation of tritiated thymidine into DNA synthesis (experiments carried out 3 – 4 times). To determine if Inositol inhibits axolemma-stimulated proliferation of Schwann cells, axolemma was added at various concentrations to the cell culture medium. The test substance inhibited incorporation of tritiated thymidine into DNA synthesis in a dose-dependent manner (suggesting inhibitory effect on Schwann cell proliferation). In addition, Inositol also inhibited axolemma-stimulated proliferation of Schwann cells with concentrations of axolemma ranging from 1 – 16 µg protein equivalent axolemma/well.

DERMAL IRRITATION AND SENSITIZATION STUDIES

Irritation

The dermal irritation potential of Inositol (as *myo*-inositol; 0.1 g) was evaluated in 5 albino Hartley guinea pigs.[4] The test substance was moistened with physiological saline to improve contact with skin, and applied to normal and abraded skin under occlusive conditions (24-h exposure). Irritation reactions were observed at 3, 24, and 48 h after patch removal. Control animals were treated according to the same protocol, with physiological saline only (number of animals used in control group not stated). No irritation was observed in any of the groups. The primary irritation index was determined to be 0.

Sensitization

A guinea pig maximization assay was performed to evaluate the sensitization potential of Inositol (as *myo*-inositol).[4] Test and control groups consisted of 10 and 5 female Dunkin-Hartley guinea pigs, respectively. Animals were sensitized with 3 intradermal injections consisting of 50% adjuvant and 50% physiological saline, a 10% solution of Inositol in physiological saline, and a 20% solution of Inositol in physiological saline and adjuvant. Control animals were treated with water in place of Inositol. Seven days after sensitization, a 60% solution of Inositol in water was intracutaneously applied to injection sites under a closed patch for 48 h. (Control animals were again treated with water.) Animals were challenged on

day 21 after initiation of sensitization with either 30, 60, or 100% Inositol (aqueous solutions; 24-h closed patch). Skin reactions were evaluated 24 and 48 h after patch removal. The test substance was considered to be non-sensitizing.

OCULAR IRRITATION STUDIES

In Vitro

A reconstructed human cornea-like epithelium test was performed using EpiOcular tissues according to Organisation for Economic Cooperation and Development (OECD) test guidelines (TG) 492.[4] Tissues were incubated with either the test substance (Inositol (as *myo*-inositol), 97.9% purity; 50 mg; no vehicle), the positive control (50 µl methyl acetate), or the negative control (50 µl sterile deionized water), for 6 h. All tissues were tested in duplicate. The test substance was determined to be a non-irritant (mean viability of 92.2%). Positive and negative controls gave expected results.

CLINICAL STUDIES

Effects Observed with Use of Inositol for Disease/Disorder Treatment

A review article was found in the literature summarizing available data on the use of Inositol (as *myo*-inositol) for the treatment and prevention of pathological changes associated with disease (e.g., polycystic ovary syndrome, diabetes, cancer, erectile dysfunction, psoriasis, Alzheimer's, depression, panic disorder, bulimia nervosa, obsessive-compulsive disorder) in adults.[97] According to the review, adverse effects related to Inositol treatment at a dose of 12 g/d or higher include nausea, flatus, loose stools, and diarrhea. The severity of these effects did not increase with higher doses (30 g/d). At a dose of 4 g/d, Inositol usage did not cause adverse effects.

Studies performed in pregnant women (4 g Inositol (as *myo*-inositol)/d throughout pregnancy) was not associated with side effects or increased risk of adverse effects of pregnancy.[98] However, in a meta-analysis evaluating the effect of supplementation with an inositol (isomer unspecified) on the incidence of retinopathy of prematurity, a trend towards increased mortality was observed in infants treated with the inositol versus infants in the placebo group; however, this effect was not statistically significant (it should be noted that some of these studies involved intravenous treatment (this method is not typically relevant to cosmetic exposure)).[99] In a limited number of psychiatric patients, mild neurological discomfort (e.g., insomnia, dizziness) was observed following treatment with Inositol (as *myo*-inositol).[18] Three cases of mania were reported in the literature following the use of an inositol (isomer unspecified) in patients with mental health disorders; symptoms subsided following lowering or cessation of inositol usage.[100] In a study in which Inositol (as D-*chiro*-inositol; 1200 mg/d) was given orally to 20 insulin-resistant women for 6 mo, serum estradiol increases and menstrual abnormalities were observed.[80]

Effect of Inositol on Reproductive Dysfunction

Eighty-six idiopathic infertile couples were observed in a study evaluating the effect of a Inositol (as *myo*-inositol) vaginal suppository (dose not stated) on sperm motility, cervical mucus quality, and pregnancy rate.[101] In all cases of pregnancy, evaluations of gestational progress and fetal health were performed to confirm safety of treatment. Forty-three couples were treated with the Inositol vaginal suppositories, while the remaining 43 couples received placebo suppositories. Both groups underwent 1 - 3 consecutive cycles of treatment (each cycle consisted of using 3 suppositories, one every other day, during periovulatory time, prior to bedtime). Sperm analyses were performed before the first cycle of treatment, and 3 - 6 h post-coitus (following last suppository application). Treatment with Inositol improved total sperm motility (54.42 ± 8.72) when compared to either baseline (46.48 ± 4.05) and to the placebo group (46.21 ± 5.33). Inositol treatment resulted in mild improvement of cervical mucus quality, reducing viscosity, spinnbarkeit, and ferning. In addition, treatment with Inositol resulted in an increased pregnancy rate (18.60% pregnancy rate in Inositol-treated couples; 6.97% pregnancy rate in placebo-treated couples). Pregnancies in Inositol-treated couples were evaluated via ultrasound investigation at 12, 22, and 32 wk, and newborns were subjected to evaluation 7 - 10 d after birth. No adverse effects were observed in mothers or fetuses/newborns.

Ten male volunteers aged between 30 - 65 yr, with a BMI between 22 and 34 and moderate alteration of glycemia and/or testosterone and estradiol levels, were instructed to take Inositol (as D-*chiro*-inositol; 1 g) supplements, orally, for 1 mo.[102] Serum assays for evaluated parameters (testosterone, droepiandrosterone sulfate, estradiol, follicle-stimulating hormone, luteinizing hormone, glycemia, insulinemia, inhibin B, and epiandrosterone) were evaluated at baseline and after treatment. Supplementation was associated with reduced levels of estrone (-85%) and estradiol (-14.4%) and increased levels of testosterone (+23.4%), dehydroepiandrostrone (+13.8%), and epiandrosterone (+39%). A non-statistically significant decrease in glycemia and insulinemia were observed following treatment. Other evaluated parameters were similar before and after treatment. No adverse effects were observed throughout treatment.

The effect of two isomers of Inositol (*myo*-inositol and D-*chiro*-inositol) on ovarian dysfunction was evaluated in female long-term lymphoma survivors (average age of 34 yr; 45 females/group) in a pilot prospective case-control study.[103] Treated patients were given an oral supplement of 400 mg *myo*-inositol and 45 mg D-*chiro*-inositol, 3 times per day, for 12 mo. Controls were left untreated. Levels of follicle-stimulating hormone, luteinizing hormone, progesterone, 17-β estradiol, and anti-Müllerian hormone were evaluated at baseline and following treatment. Antral follicle counts and menstrual frequency was also evaluated. Statistically-significant reductions in follicle-stimulating hormone, luteinizing hormone, and

oligomenorrhea were observed in treated patients compared to baseline. Antral follicle counts of the right ovary was significantly increased in treated patients compared to baseline. When comparing untreated and treated patients, after 12 mo of treatment, a statistically-significant higher mean value in follicle-stimulating hormone and luteinizing hormone and a statistically-significant lower mean antral follicle count value in the right ovary were observed in untreated patients compared to treated patients. In addition, a statistically-significant increase in dyspareunia and dysmenorrhea were observed in untreated patients compared to treated patients. No other evaluated parameters were significantly different between treated and untreated groups.

The effect of Inositol (as D-*chiro*-inositol) on sperm motility (evaluated as mitochondrial membrane potential (MMP)) was evaluated in patients with and without asthenozoospermia.[104] Semen samples from 15 patients with asthenozoospermia and 15 healthy patients were incubated with increasing concentrations of Inositol (0, 75, and 750 µg/ml) for 30 min. Flow cytometric analyses were performed and mitochondrial membrane potential was observed. Inositol decreased the percentage of spermatozoa with low MMP in both normozoospermic men and patients with asthenozoospermia in a concentration-dependent manner ($p < 0.005$), compared to untreated control samples (suggesting improved sperm motility).

Topical Application of D-*chiro*-Inositol in Patients with Plaque Psoriasis

A placebo-controlled, double-blind study was performed to evaluate the clinical effects of topically-applied Inositol (as D-*chiro*-inositol) on mild plaque psoriasis (46 psoriatic patients and 10 healthy subjects).[29] Three stable psoriatic plaques were selected for evaluation for each patient. Lesions were treated with different samples (i.e., medium without active agent, 0.25% Inositol, or 1% Inositol; 1 fingertip unit per lesion) twice a day. Test preparations also contained rapeseed, hemp, and flaxseed oils. Patients were evaluated at baseline, after 3 wk of treatment, after 6 wk of treatment, and 2 wk after the 6-wk treatment period. No patients complained of irritation, dryness, or allergic reactions of treated regions throughout the study.

Retrospective and Multicenter Studies

A randomized, double-masked, multi-center study was performed to evaluate the safety of treatment with an inositol (isomer unspecified) in premature infants (n = 122, 14 centers (number of infants per group not stated)).[105] Infants were treated with placebo (5% glucose) or with 8, 10, or 40 mg/kg/d inositol. Dosing was performed intravenously and converted to enteral when feedings were established. Once feedings were established, dosing occurred for either 10 wk chronological age, or up to 34 wk postmenstrual age, death, or discharge. Adverse events (cardiopulmonary, gastrointestinal, hematological, metabolic, renal, and respiratory effects) were monitored from 24 h prior to drug administration until 7 d after final dose administration. Adverse events and co-morbidities were fewer in the inositol-treated group compared to the placebo-treated group (but not statistically-significantly so).

SUMMARY

The safety of Inositol as used in cosmetics is reviewed in this safety assessment. Inositol is reported to function in cosmetics as a hair-conditioning agent and humectant. According to 2023 VCRP data, Inositol is used in 212 total formulations (185 leave-on formulations and 27 rinse-off formulations). This ingredient is reported to be used at up to 2% in face and neck product and in moisturizing products.

More than 98% of total ingested Inositol (as D-*chiro*-inositol) was absorbed from the gastrointestinal tract in an assay in which animals were given a diet containing 0.23% Inositol for at least 1 mo plus 1 wk. The mean serum concentrations of 3 groups of rats given 2 g/kg Inositol (as *myo*-inositol) in distilled water were 54.4, 43.9, and 44.6 µg/ml. Supplementation of the diet of pregnant rats with 0.5% Inositol (as *myo*-inositol) resulted in increased levels of Inositol in the plasma, liver, kidneys, and intestines of offspring, and increased levels of Inositol in the milk and mammary tissues of dams. A maximum plasma concentration of 0.23 mM was observed in 8-d-old rats given a formula supplemented with 114 mg/100 ml Inositol (as *myo*-inositol). In a study performed in 5 female subjects given 100 mg/kg bw Inositol (as *myo*-inositol) in water (oral ingestion), the highest urinary Inositol concentration was approximately 550 µmol/mmol creatinine 275 min after test substance administration. Mean C_{max} values in subjects administered a soft gel containing 600 g Inositol, 2000 mg of Inositol powder, a soft gel containing 1200 mg Inositol, and 4000 mg of Inositol powder were 31.5, 36.3, 41.5 and 45 µmol/l, respectively (soft gels and powders contained the isomer *myo*-inositol).

An acute oral LD_{50} of 10,000 mg/kg bw was established for Inositol (as *myo*-inositol) in an acute oral toxicity assay performed in mice. QSAR analysis of Inositol (as *myo*-inositol) resulted in a predicted acute oral LD_{50} of 19,483.68 mg/kg myo-inositol (in rats).

No significant differences in weight gain and patterns of lipids in the liver were observed in male Wistar rats of different ages (20-d-old and 3-mo-old) given Inositol (as *myo*-inositol; up to 1000 mg/kg bw/d in 20-d-old rats and up to 5000 mg/kg bw/d in 3-mo-old rats) via gavage for 3 mo, compared to controls. No adverse effects relating to hormone levels, BMI, insulinemia, and insulin resistance were observed in 10 healthy women given 1200 mg Inositol (as D-*chiro*-inositol) once daily for 1 mo; however, increased testosterone and asprosin levels were observed. No alerts for short-term oral toxicity or organ toxicity were raised for Inositol (as *myo*-inositol) using QSAR analysis.

Altered ovarian histology, and a statistically-significant increase in serum testosterone and statistically-significant decrease in aromatase were apparent in mice given Inositol (as D-*chiro*-inositol) in amounts of 5 mg/d in drinking water for

21 d. No test substance-related adverse developmental or reproductive effects were observed in offspring in an assay in which female rats were treated with 1% of an inositol (isomer unspecified) for 37 d prior to mating with untreated males. An increase in the number of delivered animals (compared to controls) and normal somatometric development was observed in mouse pups that were cultured with 14 µl/ml Inositol (as *myo*-inositol) in the embryo stage prior to the implantation into the uteri of pseudopregnant untreated mice.

Inositol (as *myo*-inositol; up to 5%) was not mutagenic in in vitro assays (plate test and suspension test; with and without metabolic activation) performed using *S. typhimurium* and *S. cerevisiae*. The mutagenic potential of Inositol (as *myo*-inositol) was evaluated in several QSAR models (prediction of Ames assay, chromosomal aberration assay, in vitro mouse lymphoma assay, and in vivo micronucleus assay). The test substance was predicted to be non-genotoxic in all models.

Inositol (as *myo*-inositol) has been observed to have statistically-significant, anti-carcinogenic/tumor suppressive effects in vitro and in vivo. Conversely, some studies performed in mice report that Inositol (as *myo*-inositol) supplementation does not have a statistically-significant effect on tumor suppression.

Inositol (as *myo*-inositol; 50 – 100 µg/ml) resulted in a dose-dependent inhibited proliferation of Schwann cells in an in vitro assay. The test substance also inhibited axolemma-stimulated proliferation of Schwann cells.

No irritation was observed in a dermal irritation assay in which moistened Inositol (as *myo*-inositol; 0.1 g) was applied to the normal and abraded skin of 5 guinea pigs under occlusive conditions (24-h exposure). Inositol (as *myo*-inositol) was determined to be non-sensitizing in a guinea pig maximization assay (intradermal injection induction: 10 - 20% Inositol; intracutaneous induction: 60% Inositol (48-h closed patch); challenge: 30 - 100% Inositol (24-h closed patch).

Inositol (as *myo*-inositol) was considered to be a non-irritant in an EpiOcular assay in which tissues were incubated with 50 mg Inositol for 6 h. The mean tissue viability was reported to be 92.2%.

Inositol has been studied for the treatment of various illnesses. Adverse effects reported following use as an oral supplement include gastrointestinal issues (at doses of 12 g/d or higher), mild neurological discomfort, menstrual abnormalities, and mania in case reports in several individuals with mental health disorders. A trend towards increased mortality was observed in a meta-analysis evaluating the effect of inositol (isomer unspecified) supplementation in infants; however, this effect was not statistically significant (some studies in this analysis were intravenous).

An increased pregnancy rate (18.60%) compared to placebo-treated controls (6.97%) was observed in study in which 86 idiopathic couples were given an Inositol (as *myo*-inositol) vaginal suppository or a placebo suppository to evaluate the effect of Inositol on fertility parameters. Reduced levels of estrone, estradiol, and increased levels of testosterone, dehydroepiandrostrone, and epiandrosterone were observed in an assay in which 10 male volunteers were given Inositol (as D-*chiro*-inositol) as an oral supplement for 1 mo. The effect of an oral supplement containing 400 mg *myo*-inositol and 45 mg D-*chiro*-inositol (taken 3x/d for 12 mo) on ovarian dysfunction was evaluated in long-term female lymphoma survivors. When comparing untreated and treated patients, after 12 mo of treatment, a statistically-significant higher mean value in follicle-stimulating hormone and luteinizing hormone, and a statistically-significant lower mean antral follicle count value in the right ovary were observed in untreated patients compared to treated patients. Improved MMP was observed in the sperm samples of normozoospermic men and patients with asthenozoospermia when sperm was incubated with Inositol (as D-*chiro*-inositol for 30 min).

The effect of topically applied Inositol (as D-*chiro*-inositol (0.25 or 1%)) on psoriasis plaques was evaluated in 46 psoriatic patients and 10 healthy volunteers. No patients complained of irritation, dryness, or allergic reactions of treated regions throughout the study.

A multi-center study was performed to evaluate the safety of treatment with an inositol (up to 40 mg/kg/d; intravenous treatment converted to enteral when feedings established; isomer unspecified) in 122 premature infants. Adverse events and co-morbidities were fewer in the inositol-treated group compared to the placebo-treated group (but not statistically-significantly so).

DISCUSSION

To be developed.

CONCLUSION

To be determined.

TABLES

Table 1. Chemical properties

Property	Value	Reference
	***myo*-Inositol**	
Physical Form	solid	[4]
Odor	odorless	[8]
Color	white	[4]
Molecular Weight (g/mol)	180.16	[7]
Density (g/cm^3@ 20ºC)	1.752	[4]
Vapor Pressure (mm Hg)	≥ 7.606 - ≤ 20.079	[4]
Melting Point (ºC)	225 - 227	[4]
Boiling Point (ºC)	384.72	[4]
Water Solubility (g/100 g water @ 60ºC)	28	[4]
log K_{ow}	-2.08	[4]
	D-*chiro*-Inositol	
Physical Form	solid	[9]
Color	white to off-white	[9]
Molecular Weight (g/mol)	180.16	[6]
Density	1.28 (estimated)	[9]
Melting Point (ºC)	230	[9]
Boiling Point (ºC)	232.96 (estimated)	[9]
Water Solubility (g/L @ 11ºC)	403.4	[9]
log K_{ow}	-2.60	[6]

Table 2. Frequency (2023) and concentration (2022) of use according to likely duration and exposure and by product category[21,22]

	# of Uses	Max Conc of Use (%)
Totals*	**212**	**0.000025 – 2**
summarized by likely duration and exposure**		
Duration of Use		
Leave-On	*185*	*0.001 – 2*
Rinse-Off	*27*	*0.00025 – 1*
Diluted for (Bath) Use	*NR*	*NR*
Exposure Type*		
Eye Area	20	1
Incidental Ingestion	1	NR
Incidental Inhalation-Spray	91[a]; 54[b]	NR
Incidental Inhalation-Powder	1; 54[b]	0.001 – 2[c]
Dermal Contact	194	0.00067 – 2
Deodorant (underarm)	NR	NR
Hair - Non-Coloring	17	0.000025
Hair-Coloring	NR	NR
Nail	NR	NR
Mucous Membrane	4	0.00067
Baby Products	NR	NR
as reported by product category		
Eye Makeup Preparations		
Eye Shadow	7	NR
Eye Lotion	8	1
Other Eye Makeup Preparations	5	NR
Hair Preparations (non-coloring)		
Hair Conditioner	5	0.000025
Shampoos (non-coloring)	5	NR
Tonics, Dressings, and Other Hair Grooming Aids	2	NR
Other Hair Preparations	5	NR
Makeup Preparations		
Face Powders	1	NR
Foundations	2	NR
Lipstick	1	NR
Makeup Bases	2	0.001
Personal Cleanliness Products		
Bath Soaps and Detergents	3	0.00067
Shaving Preparations		
Shaving Cream	3	NR
Skin Care Preparations		
Cleansing	9	0.001 – 0.0025
Face and Neck (exc shave)	44	0.001 – 2
Body and Hand (exc shave)	10	0.001 – 0.3
Moisturizing	76	0.001 – 2
Night	8	NR
Paste Masks (mud packs)	2	1
Skin Fresheners	4	NR
Other Skin Care Preparations	9	NR
Suntan Preparations		
Other Suntan Preparations	1	NR

NR – not reported

*Because each ingredient may be used in cosmetics with multiple exposure types, the sum of all exposure types may not equal the sum of total uses.

**likely duration and exposure is derived based on product category (see Use Categorization https://www.cir-safety.org/cir-findings)

[a] It is possible these products are sprays, but it is not specified whether the reported uses are sprays.

[b] Not specified whether a spray or a powder, but it is possible the use can be as a spray or a powder, therefore the information is captured in both categories

[c] It is possible these products are powders, but it is not specified whether the reported uses are powders.

Table 3. Oral ADME studies

Parameter Measured	Inositol Isomer	Animals	No./Group	Vehicle/Dose	Dose/Protocol	Results	References
ANIMAL							
Absorption and Excretion	D-*chiro*-inositol	Male Sprague-Dawley rats	3	diet containing 0.23% D-*chiro*-inositol	Animals fed diet containing a mean amount of 12.94 nmol/mg Inositol for at least 1 mo, then housed in metabolic cages and fed diet for 1 wk; urine and feces collected for 24 h (study does not state when 24 h collection period occurred). The mean intake of D-*chiro*-inositol was 921 µmol/kg bw/d.	More than 98% of the total ingested Inositol was absorbed from the gastrointestinal tract. The mean total amount of D-*chiro*-inositol found in the stool and urine was 6.2 and 42.3 µmol/kg bw/d, respectively; these minimal amounts suggest that the bulk of the ingested D-*chiro*-inositol was metabolized.	[76]
Metabolism	*myo*-inositol	Male Wistar rats	3/group	2000 mg/kg in distilled water	Animals treated via gavage; blood samples taken at different time intervals up to 48 h post-administration as follows: Group 1: 0, 0.25, 0.5, 1, 24 h Group 2: 0, 2, 4, 8, 12, 24 h Group 3: 0, 1.5, 36, 48 h	The highest mean Inositol concentration in serum samples was observed within the first hour after administration in all test animals. Concentration of the test substance in samples decreased after the maxima peak; however, after 24 h, levels were still higher than baseline. The biological half-life was determined to be 4.08 h. Within 24 hours, the average *myo*-inositol concentrations in the serum of Group 1 and Group 2 rats were 54.4 µg/ml and 43.9 µg/ml, respectively. For Group 3 rats, the average concentration was 44.6 µg/ml within 48 hours.	[17]
Distribution	*myo*-inositol	Pregnant female Holtzman rats	35/group	0.5% in diet	On 7th day of gestation, animals were divided into 2 groups and given either a purified diet with or without 0.5% Inositol for 120 d (during gestation and lactation); pups were fed corresponding diet after weaning until 3 mo of age; free *myo*-inositol content of tissues, amniotic fluid, milk, and plasma was measured via gas-liquid chromatography; lipid-bound Inositol in the form of phosphatidylinositol was quantified via a lipid extract of tissue	Supplementation of the diet with Inositol significantly increased the levels of Inositol in plasma, liver, kidney, and intestine of pups at all ages examined, and significantly increased the levels of Inositol in the milk and mammary tissue during lactation.	[77]
Distribution	*myo*-inositol	Neonatal Holtzman rats	4/sex/group	gastric intubation: 114 mg/100 ml formula (supplemented formula) 7.44 mg/100 ml formula (restricted formula) supplemented diet: 250 mg/100 g diet (Inositol content of Inositol-restricted diet not stated)	6-d-old rat pups fed liquid formula via stomach tube using either a Inositol-restricted formula, or a Inositol supplemented formula (pups fed 0.3 ml formula/g bw every 4 h); at 16 d of age, pups fed Inositol restricted formula were fed purified diet deficient in *myo*-inositol, and pups fed Inositol supplemented formula were fed an identical diet supplemented with Inositol until 72 d of age; tissues obtained and observed at selected ages (from 6- to 72-d-old) of each dietary group; blood removed via cardiac puncture	Plasma Inositol levels of animals fed the Inositol restricted formula and diet were significantly lower ($p < 0.05$) than those of Inositol supplemented rats at all ages except at day 72 d. The maximum plasma concentration of Inositol was approximately 0.23 mM (in 8-d-old Inositol supplemented rat). Most tissues (testes, kidneys, liver) examined from rats fed the Inositol-deprived formula and diet had lower free Inositol levels compared to tissues of the Inositol supplemented group, excluding the cerebrum and cerebellum. Differences between Inositol levels in testis, lens, and kidney were significant ($p < 0.05$) for 6 versus 18 d of age within each dietary group (increased amounts in older rats).	[78]

Table 3. Oral ADME studies

Parameter Measured	Inositol Isomer	Animals	No./Group	Vehicle/Dose	Dose/Protocol	Results	References
				HUMAN			
Distribution and Excretion	*myo*-inositol	Human subjects	5 females	100 mg/kg bw; aqueous solution	Baseline measurements of Inositol via blood sample taken prior to treatment; subjects ingested test substance and blood was drawn 20, 40, 60, 90, 180, and 270 min after ingestion; urine samples taken 0, 180, and 270 min after ingestion	After ingestion, the **observed** mean serum concentration of *myo*-inositol increased from 19.9 µmol/l to an observed maximum of 96.5 µmol/l after 90 min; the **estimated** mean serum *myo*-inositol increased significantly from 20.8 µmol/l to an estimated maximum of 101.5 µmol/l after 180 min (this indicates that the **actual** maximum myo-inositol serum concentration is located between 90 – 180 min post-ingestion. The observed and estimated concentrations decreased to 77.3 µmol/l and 72.5 µmol/l after 270 min, respectively. The highest urinary *myo*-inositol concentration was approximately 550 µmol/mmol creatinine 275 min after administration	[79]
Absorption	*myo*-inositol	Human subjects	20 total (8 males and 12 females)	Phase 1: soft gel capsule containing 600 mg Inositol Phase 2: 2000 mg Inositol powder Phase 3: soft gel capsule containing 1200 mg Inositol Phase 4: 4000 mg Inositol powder	Patients were treated with each of the test substances orally, in phases. Each phase was separated by a washout period of 15 d. Pharmacokinetic parameters were evaluated based on the analysis of Inositol plasma concentrations. Blood samples collected at baseline, 30, 60, 90, 120, 180, 300, 420, 540, and 1440 min post-administration.	Mean C_{max}: -soft gel containing 600 mg Inositol: 31.5 µmol/l at 180 min -2000 mg Inositol powder: 36.3 µmol/l at 180 min -soft gel containing 1200 g Inositol: 41.5 µmol/l at 120 min -4000 mg Inositol powder: 45 µmol/l at 122 min	[2]

C_{max} = maximum observed plasma concentration; T_{max} = time to peak concentration

Table 4. Genotoxicity studies

Inositol Isomer	Vehicle	Concentration	Test System	Procedure	Results	Reference
In Vitro						
myo-inositol	saline and DMSO	up to 5%	*S. typhimurium* strains TA 1535, TA 1537, and TA 1538	Plate test with and without metabolic activation: -For non-activated procedure: cells of a log phase culture of the bacterial indicator strains spread over surface of a plate, and measured amount of test chemical added to cells; 4 d incubation -For activated procedure: test chemical added to cells, aliquot of mixture spread on test plate; reaction mixture plus tissue extract spotted on surface of plate; 4 d incubation -Negative controls: saline and DMSO -Positive controls: ethyl methanesulfonate, quinacrine mustard, nitrosofluorene, dimethylnitrosamine, and 2-acetylaminofluorene	Non-mutagenic	[84]
myo-inositol	saline and DMSO	up to 5%	*S. cerevisiae* strains TA 1535, TA 1537, and TA 1538; and *S. cerevisiae* strain D4	Suspension test with and without metabolic activation; bacteria and yeast cultures suspended in saline; cells plus test chemical added to flask; 4 h treatment for yeast test and 1 h treatment for bacteria test; flasks shaken during treatment and set in ice after treatment; aliquots of cells removed; samples placed on selected media; bacterial plates scored after incubation for 48 h and yeast plates scored after 3-5 d of incubation; negative controls: saline and DMSO; positive controls: ethyl methanesulfonate, quinacrine mustard, nitrosoflourene, dimethylnitrosamine, and 2-acetylaminofluorene	Non-mutagenic	[84]
Computational						
myo-inositol	-	-	*S. typhimurium* strains TA 102, TA 100, TA 98, TA 1537, TA 1535	QSAR – Ames assay prediction; with and without metabolic activation; Times v.2.27.19.13 in QSAR Toolbox	No mutagenic potential predicted	[4]
myo-inositol	-	-	Chinese hamster ovary and lung cells	QSAR – in vitro cytogenicity/chromosome aberration assay prediction; with and without metabolic activation; Times v.2.27.19.13 in QSAR Toolbox	No mutagenic potential predicted	[4]
myo-inositol	-	-	NR	QSAR – in vitro mouse lymphoma assay prediction; with and without metabolic activation; OASIS TIMES v.2.31.2.82	No mutagenic potential predicted	[4]
myo-inositol	-	-	Mammalian erythrocytes and peripheral blood	QSAR – in vivo micronucleus assay prediction; Times v.2.27.19.13 in QSAR Toolbox	No mutagenic potential predicted	[4]

DMSO – dimethyl sulfoxide; NR = not reported; QSAR = quantitative structure activity relationship

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Personal Care Products Council
Committed to Safety, Quality & Innovation

Memorandum

TO: Bart Heldreth, Ph.D.
Executive Director - Cosmetic Ingredient Review

FROM: Alexandra Kowcz, MS, MBA
Industry Liaison to the CIR Expert Panel

DATE: April 24, 2024

SUBJECT: Inositol

The following additional references were suggested by a member of the Personal Care Products Council.

Gonzalez-Uarquin F, Rodheuscord M and Huber K. 2020. Myo-inositol: its metabolism and potential implications for poultry nutrition – a review. Poultry Science 99:983-905.

A useful review about the sources of Myo-Inositol and its metabolism (includes information in addition to its metabolism in poultry).

Life Science Research Office Federation of American Societies for Experimental Biology. 1975. Evaluation of the health aspects of inositol as a food ingredient.

This report, prepared for the FDA, gives brief summaries of the early literature (some of which are already cited in the CIR report).

Concentration of Use by FDA Product Category – Inositol

Product Category	Maximum Concentration of Use
Eye lotions	1%
Hair conditioners	0.000025%
Makeup bases	0.001%
Bath soaps and detergents	0.00067%
Skin cleansing (cold creams, cleansing lotions, liquids, and pads)	0.001-0.0025%
Face and neck products Not spray	 0.001-2%
Body and hand products Not spray	 0.001-0.3%
Moisturizing products Not spray	 0.001-2%
Paste masks and mud packs	1%

Information collected in 2022

Table prepared: July 6, 2022