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Medicinal Herb: Camomile & Treatment

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Give to MSK

Inositol hexaphosphate (IP6) is a carbohydrate found naturally in many plants and mammalian cells, where it performs important messenger roles and affects numerous cellular processes. It is marketed as a supplement to support natural cellular defense. Lab studies suggest anticancer and antiangiogenic effects.

Small studies of breast cancer patients showed that IP6 may reduce chemotherapy-induced side effects. Myo-inositol may also have chemopreventive effects in some patients with chronic lung disease. Large-scale studies are needed to confirm these effects.

What are the potential uses and benefits?

- To prevent and treat cancer
Lab studies have shown anticancer effects, but clinical data are lacking.
- To reduce chemotherapy side effects
Small studies of breast cancer patients showed that IP6 may be effective in reducing chemotherapy-associated side effects. Larger studies are needed.
- To treat heart disease
An intravenous form has been evaluated in preliminary studies to see whether it can slow progression of cardiovascular disease. However, no studies have been conducted on IP6 supplements for this use.
- To treat depression
Evidence is lacking to support this claim.
- To treat kidney stones
Evidence is lacking to support this claim.

What else do I need to know?

Do Not Take if:

Your are taking mineral supplements: Phytic acid can bind with calcium, iron, magnesium, and zinc and reduce their bioavailability.
Your are taking anticoagulants/antiplatelets: IP6 also has antiplatelet activity and may increase bleeding risk. Clinical relevance is not known.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Inositol Hexaphosphate - Last updated on July 1, 2022

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