



PATIENT & CAREGIVER EDUCATION

Inositol Hexaphosphate

This information describes the common uses of Inositol Hexaphosphate, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Inositol hexaphosphate may be useful in reducing side effects from chemotherapy.

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:

You are taking mineral supplements: Phytic acid can bind with calcium, iron, magnesium, and zinc and reduce their bioavailability.

You 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.

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