Claims

1. A composition comprising inositol and alpha lactalbumin, wherein the inositol and the alpha lactalbumin are present in a respective weight ratio of about 33:1-43:1.

2. The composition of claim 1, wherein the inositol is chosen from myoinositol, D-chiroinositol or a mixture thereof in any weight ratio.

3. The composition of claim 1, wherein the composition comprises

- about 500-4000 mg inositol;
- about 1000-3000 mg inositol;
- about 2000 mg inositol;
- about 10-500 mg alpha lactalbumin;
- about 20-100 mg alpha lactalbumin;
- about 30-70 mg alpha lactalbumin; or
- about 50 mg alpha lactalbumin.

4. The composition of claim 1, wherein the composition comprises about 2000 mg myoinositol and about 50 mg alpha lactalbumin.

5. The composition of claim 1, wherein the composition additionally comprises a source of folate, preferably folic acid.

6. A kit comprising a composition of claim 1, wherein:

- inositol in a first container; and
- alpha lactalbumin in a second container.

7. A food product or drink product comprising the composition of claim 1.

8. The food product or drink product of claim 7, wherein the food product or drink product comprises inositol and alpha lactalbumin in a respective weight ratio of about 40:1.

9. The food product or drink product of claim 7, wherein the food product or drink product comprises

- about 500-4000 mg inositol;
- about 1000-3000 mg inositol;
- about 2000 mg inositol
- about 10-500 mg alpha lactalbumin;
- about 20-100 mg alpha lactalbumin;
- about 30-70 mg alpha lactalbumin; or
- about 50 mg alpha lactalbumin.

10. The food product or drink product of claim 7, wherein the food product or drink product comprises about 2000 mg myoinositol and about 50 mg alpha lactalbumin.