



CODE 0529 V1

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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

Inositol is a non-essential member of the B-Complex family with dietary sources from both animal and plant foods. Inositol is found in all cell membranes as a component of signaling molecules that mediate cellular responses to external stimuli. Availability of Inositol is especially important in the brain and central nervous system, as it is an important participant in neurotransmitter signaling. In addition, Inositol is critical for the proper action of insulin, lipid metabolism, and for the maintenance of calcium balance within the cell.*

SUGGESTED USAGE: As a dietary supplement, take 1/4 level teaspoon 1 to 3 times daily. Consider taking these other NOW® products: B-Complex, Choline and TMG.

- Supports Healthy Membrane Function*
- 100% Pure

Net Wt. 1 lb. (454 g)

A Dietary Supplement
Vegetarian/Vegan



Inositol Powder

CELLULAR HEALTH



Supplement Facts

Serving Size 1/4 Level Teaspoon (730 mg)
Servings Per Container about 622

Amount Per Serving	
Inositol Powder	730 mg*

* Daily Value not established.

Other ingredients: None.

Distributed by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/0529

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is sold by weight not volume.

Caution: Do Not Eat Freshness Packet Enclosed.

Store in a cool, dry place after opening. Please Recycle.