

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **31596**  
[www.vitaminworld.com](http://www.vitaminworld.com)  
**1-800-228-4533**

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Vitamin World, Inc.  
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**VITAMIN WORLD**  
*get healthy.*

# Inositol

**1000<sub>MG</sub>**

*Essential for Brain Function\**  
*For Healthy Cellular Function\**

**90**

Vegetarian Dietary Supplement **COATED CAPLETS**

**DIRECTIONS:** For adults, take one (1) caplet one to two times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Inositol	1,000 mg (1 g) **

\*\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

Inositol is considered a B factor related to the B-Complex Vitamins. Inositol is an important part of phospholipids in cell membranes and is important for healthy cell growth and function.\*

\*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.