

Inositol powder, as with all Country Life products, is certified gluten-free.

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| <b>YES</b> CERTIFIED GLUTEN-FREE BY GFCO.ORG | <b>NO</b> YEAST, WHEAT OR SOY                      |
| <b>YES</b> CERTIFIED VEGAN BY THE AVA        | <b>NO</b> MILK, SALT OR SUGAR                      |
| <b>YES</b> RECYCLABLE PACKAGING              | <b>NO</b> PRESERVATIVES                            |
| <b>YES</b> MANUFACTURING SUPPORTS            | <b>NO</b> ARTIFICIAL COLORS, FLAVORS OR SWEETENERS |
| <b>YES</b> WIND POWER                        | <b>NO</b> MAGNESIUM STEARATE                       |
| <b>YES</b> KOSHER                            |  |

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

07J20NL



# INOSITOL POWDER

Certified Gluten-Free

Dietary Supplement

**POWDER**  
NET WT. 2 OZ. (56 g)

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**Directions:** Adults take 1/4 (550 mg) to 1/2 (1,100 mg) teaspoon. May be mixed with water, fruit juice or sprinkled on food. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

**Serving Size** 1/2 teaspoon (1.1 g)

**Servings Per Container** About 50

Amount Per Serving	% Daily Value
Inositol	1,100 mg (1.1 g) *

\* Daily Value not established.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken.**

**Store in a dry place between 59°-86° F.**

**Keep out of the reach of children.**

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 6562