

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

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS  
WIND POWER  
**YES** KOSHER

**NO** YEAST, WHEAT OR SOY  
**NO** MILK, SALT OR SUGAR  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



ESTABLISHED  
— 1971 —  
**Country  
Life**

# INOSITOL POWDER

Certified Gluten-Free

Dietary  
Supplement

**POWDER**  
NET WT. 4 OZ. (113g)

— 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 102

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. 6563