



Suggested Use: Take 4 capsules daily, preferably with a meal, or as directed by a physician. For those with a sensitive constitution, take 2 capsules twice daily.

Caution: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or taking prescription medication should consult a physician before taking this or any dietary supplement.

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**Wholesome
Story®**

Myo & D-Chiro Inositol

with MTHF Folate + Vitamin D

Dietary Supplement
120 Vegetarian Capsules



Supplement Facts

Serving size: 4 Capsules
Servings per container: 30

Amount per serving		DV%
Vitamin D3 (as Cholecalciferol)	10mcg	50%
Folate (as Methylfolate)	200mcg	50%
Myo-Inositol	2,000mg	**
D-Chiro Inositol (Caronositol®)	50mg	**

**Daily value (DV) not established

Other Ingredients: Methylcellulose (Capsule)

Caronositol® is a registered trademark of Biosearch.

Keep out of reach of children. Do not use if tamper evident seal is broken or missing. Store in a cool, dry place.

Manufactured for: Wholesome Story
PO Box 15344, Seattle, WA 98115

www.wholesomestory.com