



As a dietary supplement for adults, take one (1) capsule daily with the meal of your choice.

Ingredients

Gelatin , Vegetable Stearic Acid , Silica , Vegetable Magnesium Stearate

Nutrition Facts	
Serving Size : 1 Capsule	
Amount Per Serving	% Daily value*
Inositol 100 mg	
Niacin (B3) 400mg	2000