



Suggested Use: Take 4 capsules (1 serving) daily, preferably with a meal, or as directed by a physician. For those with a sensitive constitution, take 1/2 of a serving (2 capsules) at once, twice per day.

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.

  @wholesomestory #wholesomestory



**Wholesome
Story®**

Myo & D-Chiro Inositol

with MTHF Folate + Vitamin D

Dietary Supplement
120 Vegetarian Capsules

40:1
Ratio

Supplement Facts

Serving size: 4 Capsules
Servings per container: 30

Amount per serving		%DV
Vitamin D3 (as Cholecalciferol)	25mcg	125%
Folate (as L-5-Methyltetrahydrofolate)	500mcg DFE	125%
Myo-Inositol	2,000mg	**
D-Chiro Inositol (Caronositol®)	50mg	**

**Daily value (DV) not established

Other Ingredients: Methylcellulose (Capsule)

Manufactured for: Wholesome Story

PO Box 15344, Seattle, WA 98115

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.

www.wholesomestory.com

