USAGE: Take 1 capsule per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Inositol is readily absorbed and used to produce the active inositides as necessary.* The various forms of inositol (phosphatidylinositol and inositides such as IP3) are active in cell-to-cell communication, (e.g., transmission of nerve impulses).* Tissues that are affected include the brain, liver and muscles.* Inositol (a.k.a., myoinositol) is an indirect source of glucoronic acid, which is essential to liver detoxification.* Inositol is derived from rice bran and is made in Japan by Tsuno Rice Fine Chemicals Co., Ltd.

Keep out of the reach of children.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Lot #. Best Used Before:

Jarrow FORMULAS®

Inositol

Supports Liver Function* and Cellular Detoxification*

750 MILLIGRAMS **100 CAPSULES** **DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule — Servings Per Container 100

	Amount Per Serving	% DV
Inositol	750 mg	*

* Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), silicon dioxide and cellulose. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Store in a cool, dry place. DO NOT refrigerate.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation℠
P.O. Box 35994
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www.Jarrow.com

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