



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: Use only as directed. Consult your healthcare provider before use if you are contemplating pregnancy, pregnant, nursing, have any medical condition, or use any medications. For adult use only. Keep this product out of reach of children. Do not use if tamper evident seal is broken or missing. Store in a cool, dry place.

f @wholesomestory #wholesomestory

**Wholesome
Story®**

Myo & D-Chiro Inositol

with MTHF Folate + Vitamin D3

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	50mg **

**Daily Value (DV) not established.

Other Ingredients: Methylcellulose (Capsule), Rice Flour.

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

Questions? Email us at hello@wholesomestory.com
www.wholesomestory.com