

**Suggested Usage:** Take 1 capsule daily as needed.

Inositol is a non-essential member of the B-complex family with dietary sources from both animal and plant foods. The form of inositol used in this product is myo-inositol, the most abundant form of this nutrient. Inositol is found in all cell membranes, with the highest concentrations in the brain and central nervous system, where it plays an important role in neurotransmitter signaling.\* Inositol is also critical for the proper action of insulin, lipid metabolism, and for the maintenance of cellular calcium balance.\*

**\*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.**

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0475C V6



# Inositol Capsules

## 500 mg

Cellular Health\*

- Supports Healthy Membrane Function\*
- Myo-Inositol Form

## 100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

### Amount Per Serving

Inositol	500 mg**
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\*\* Daily Value not established.

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

