

**Product Information:** Inositol is a small molecule, similar to glucose, that plays an important roll in cellular signaling. Inositol can be found in many different foods but Inositol is only found in high levels in whole grains and citrus fruits.

**Suggested Use:** As a dietary supplement take 1 serving per day, with or without food.

**Storage:** Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature after opening.



"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."



# INOSITOL

**1000 mg**  
per serving

\* No Fillers

**60 Capsules**  
Dietary Supplement

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 30

Amount per Serving	% Daily Value
Inositol (Myo Inositol)	1000 mg †

† Daily Value not established

Other Ingredients: Hypromellose Capsules (Vegetable Capsules)

**WARNING:** Consult your physician before use. Do not use Inositol if you are pregnant, nursing, or are under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not Inositol and operate heavy machinery until you now how it affects you. Keep out of reach of children. Do not exceed 4 softgels per day.

Manufactured for:  
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