

Inositol Powder has been shown to calm symptoms of stress, anxiety, panic and depression.*

Inositol is a natural ingredient of many foods, such as whole grains, nuts, beans, and fresh fruits. It supports normal brain and intestinal function by promoting proper neurotransmitter signaling.*

Suggested Use:* Take 1 level teaspoon as needed for symptom relief, dissolved in liquid or sprinkled on food. Adults and adolescents may take 3-6 level teaspoons per day. Children age 9 or younger may take 2-4 level teaspoons per day. Higher doses may be used as recommended by a physician. Store in a cool, dry place.

Note:* Consult with a physician if you have any serious health concerns.

* 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.

For Information and Orders:
Toll Free: 1-855-955-1114
www.GetHardy.com

Send comments to:
PO Box 416
Sweet Grass, MT 59484



QUALITY
PRODUCT



SOY
FREE



DAIRY
FREE



GLUTEN
FREE



VEGETARIAN
FRIENDLY

Inositol Powder

Dietary Supplement



helps to calm
physical symptoms
of stress, anxiety,
panic and
depression*



NET WT. 8 oz (226.8 g)

Supplement Facts

Serving Size: 1 teaspoon (4 g)
Servings Per Container: 56

Amount Per Serving	% DV
Inositol 4000 mg	†

† Daily Value (%DV) not established.

Other ingredients: Silicon dioxide.

Note: This product is sold by weight, not by volume. Contents may have settled during shipping.

Guaranteed free of: Yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

Manufactured in USA for:
Hardy Nutritionals
Box 919, Raymond, AB, T0K 2S0



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