

Inositol powder, as with all Country Life products, is certified gluten-free.

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS  
WIND POWER  
**YES** KOSHER

**NO** YEAST, WHEAT OR SOY  
**NO** MILK, SALT OR SUGAR  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

See container for "lot number" and "best by" date.  
Do not accept if seal is broken.  
Store in a dry place between 59°-86° F.  
Keep out of the reach of children.



# INOSITOL POWDER

Certified Gluten-Free

**Directions:** Adults take 1/4 (550 mg) to 1/2 (1,100 mg) teaspoon. May be mixed with water, fruit juice or sprinkled on food. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

**Serving Size** 1/2 teaspoon (1.1 g)  
**Servings Per Container** About 205

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	1g	<1%*
Inositol	1,100 mg (1.1 g)	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Manufactured for Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
**Product No. 6565**

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.



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Dietary  
Supplement

POWDER  
NET WT. 8 OZ. (226 g)

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY