



**PROTOCOL  
FOR LIFE BALANCE®**

**SUGGESTED USAGE:** For mood and behavior support, take 1 - 2 level teaspoons twice daily; for the support of female hormonal balance, take 1 level teaspoon twice daily or take as directed by your healthcare practitioner.\*

**HOW IT WORKS:** Inositol is a necessary component of all cellular membranes.\* It is a member of the B-vitamin family that contributes to muscular and nerve function, and participates in the metabolism of fats in the liver.\* Myo-Inositol is the most abundant form of this nutrient, with its highest concentrations being found in the brain and central nervous system.\* Myo-Inositol in particular is a versatile nutrient for the promotion of emotional and mental wellness, healthy eating patterns, and restful sleep through its critical role in neurotransmitter messaging systems.\* In addition, it is an important nutritional element for the maintenance of ovarian health and normal blood sugar maintenance, especially in women.\*

**CAUTIONS/INTERACTIONS:** If you suffer from bipolar disorder, diabetes, or low blood sugar (hypoglycemia), or if you take anti-diabetes medication, take only under the direction of your healthcare practitioner. May cause drowsiness; may cause mild, but transient gastrointestinal discomfort when used in higher doses.

CODE  
P0529  
Y8



# Myo-Inositol Powder

- Supports a Healthy Mood, Emotional Wellness, and Behavior\*
- Healthy Ovarian Function\*



**NET WT. 1 LB. (454 g)**  
A Dietary Supplement Vegetarian/Vegan



## Supplement Facts

Serving Size 2 Level Teaspoons (approx. 6 g)  
Servings Per Container about 76

### Amount Per Serving

|                                |                  |
|--------------------------------|------------------|
| Inositol Powder (Myo-Inositol) | 6 g (6,000 mg)** |
|--------------------------------|------------------|

\*\* Daily Value not established.

Other Ingredients: None.

Distributed by Protocol For Life Balance  
395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA  
protocolforlife.com

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Caution: Do not eat freshness packet enclosed.

Natural color variation may occur in this product.

\*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.