

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.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may occur
in this product.

CAPSULE SIZE

CODE 0475 V4



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Inositol Capsules

500 mg

Cellular Health*

- Supports Healthy Membrane Function*
- Myo-Inositol Form

100 Capsules

A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Inositol	500 mg*
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* Daily Value not established.

Other ingredients: Rice Flour, Gelatin (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, 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.

Please Recycle.

