Inositol is considered a B Factor related to the B Complex vitamins. It is important for optimal brain and nerve function. It is a primary component of cellular membranes and plays important roles in healthy cell growth and function. It is also a component of lecithin and assists in fat metabolism.*

*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.

Carefully Manufactured by:
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SOLGB71449 02D

SOLGAR®
Since 1947

INOSITOL 500 MG

SUPPORTS BRAIN & NERVE FUNCTION*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

Certified GF Gluten-Free

PARVE

100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving

Inositol	**500 mg****

****Daily Value not established**

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule two to three times daily, preferably with meals, or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medication or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your health-care practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing, or damaged.

Solgar's KOF-K certification #K-1250

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