

Suggested Usage: Take 1/4 level teaspoon daily dissolved in water or other suitable beverage.

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 Enclosed.



Inositol Powder

Cellular Health*

- Supports Healthy Membrane Function*
- Myo-Inositol Form

Net Wt. 1 lb. (454 g)

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts	
Serving Size 1/4 Level Teaspoon (730 mg) Servings Per Container about 622	
Amount Per Serving	
Inositol Powder	730 mg*
<small>* Daily Value not established.</small>	

Other ingredients: None.

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.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

CODE 0529 V4

