



# Inositol Powder

**CELLULAR HEALTH**

- Supports Healthy Membrane Function\*
- Myo-Inositol Form

**Net Wt. 1 lb. (454 g)**

A Dietary Supplement  
Vegetarian/Vegan



## Supplement Facts

Serving Size 1/4 Level Teaspoon (730 mg)  
Servings Per Container about 622

Amount Per Serving	
Inositol Powder	730 mg*
* Daily Value not established.	

Other ingredients: None.

Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
For more product information visit  
[www.nowfoods.com/0529](http://www.nowfoods.com/0529)

Product of China. Packaged in the USA.

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.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.



**SUGGESTED USAGE:** As a dietary supplement, take 1/4 level teaspoon 1 to 3 times daily with food.

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. Caution: Do Not Eat Freshness Packet Enclosed.



CODE 0529 V2