

Vitacost IP-6 Inositol Hexaphosphate -- 500 mg - 240 Capsules

SKU #: 835003004737

Supplies 500 mg of IP-6 per single-capsule serving.

What is IP-6?

IP-6 (inositol hexaphosphate, or phytic acid) is a compound found in high-fiber foods such as beans, brown rice, wheat bran and corn. It's a specific form of inositol, a sugar-like substance that's part of the B complex of vitamins.

Vitacost IP-6 Inositol Hexaphosphate Directions

As a dietary supplement, take 1 capsule daily on an empty stomach or as directed by a physician.

Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 240

	Amount Per Serving	% Daily Value
Calcium (as calcium magnesium phytate)	65 mg	7%
Phosphorus (from calcium magnesium phytate)	95 mg	10%
Magnesium (as calcium magnesium phytate)	20 mg	5%
IP-6 (inositol hexaphosphate, calcium magnesium phytate)	500 mg	*

*Daily value not established.

Other Ingredients: Gelatin (capsule), rice flour and magnesium stearate (vegetable source).

Warnings

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements.