



NON-GMO



GLUTEN FREE



DAIRY FREE



SUGAR FREE

Supplement Facts

Serving Size: 1/4 Teaspoon (1 g)

Servings per Container: 226

Amount per Serving	%DV
Inositol	1,000 mg **

**Daily Value (DV) not established.

Other Ingredients: Silicone Dioxide.

*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.

ABOUT

Inositol is part of the vitamin B-complex (sometimes called vitamin B8) that is found in many foods like nuts, beans, and fruit, especially cantaloupe, melons and oranges.

Inositol helps temporarily reduce the symptoms of physical anxiety or general physical restlessness. It can be especially helpful when you need immediate relief. Inositol can be used as a natural sleep aid if you are having trouble falling asleep. Inositol is not considered a vitamin because it can be synthesized by the body.

It plays an important role as the structural basis for a number of secondary messengers in eukaryotic cells, including inositol phosphates, phosphatidylinositol (PI) and phosphatidylinositol phosphate (PIP) lipids.*

INSTRUCTIONS

For general health, take 1/4 teaspoon one to three times per day, preferably with a meal.

Can be added to water or juice. Do not heat.

Pregnant or lactating women and people with serious medical conditions should consult with a physician prior to use.



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