

Inositol (powder)

Supports emotional wellness and ovarian health[‡]

INDICATIONS

- Ages 18 and up
- Emotional wellness and ovarian health support[‡]

BENEFITS

- May support healthy mood, emotional wellness and behavior[‡]
- Helps lessen occasional nervous tension[‡]
- May support healthy ovulatory activity, ovarian function and reproductive system function[‡]

FEATURES

- Convenient powder formula for easy dispensing
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function.¹ As a result, inositol may support healthy mood, emotional wellness and behavior, and help lessen occasional nervous tension.² Research also suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function and reproductive system function.^{3,4‡}

SUGGESTED USE

As a dietary supplement, take 1 scoop, 1-2 times daily, mixed with water, with or between meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Myo-inositol is derived from phytic acid from corn soaking water

NOTES

Serving size 1 scoop (approximately 4.2 g)

Servings per container 60

Bottle quantity 8.8 oz (252 g)

Order code INP2

Bottle size 19 oz

REFERENCES

1. Lucas CT, Call FL 2nd, Williams WJ. J Clin Invest. 1970 Oct;49(10):1949-55.
2. Carlomagno G, et al. Hum Psychopharmacol. 2011 Oct;26(7):526-30.
3. Gerli S, et al. Gynecol Endocrinol. 2007 Dec;23(12):700-3.
4. Papaleo E, et al. Fertil Steril. 2009 May;91(5):1750-4.

SUPPLEMENT FACTS

1 scoop, 1-2 times daily, with or between meals.

Serving size: 4.2 g (1 scoop)

Servings per container: 60

One scoop (approximately 4.2 g) contains:

Inositol (as myo-inositol) 4 g



Inositol (powder)	Quantity	Order Code
	8.8 oz (252 g)	INP2

[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.