

MAXIMUM STRENGTH FORMULA

4 TABLETS CONTAIN	INGREDIENTS
4000mg Myo-inositol 100ug Chromium 200ug Folate 0.42mg Vitamin B6	Myo-Inositol, Bulking Agent (Micro-crystalline Cellulose), Anti-caking Agents (Magnesium Salts of Fatty Acids, Silicon Dioxide), Glazing Agent (Hydroxypropyl Methylcellulose), Chromium Picolinate, Vitamin B6 (Pyridoxine Hydrochloride), Calcium L-Methylfolate.
DIRECTIONS	
As a food supplement adults take 2 tablets in the morning and 2 tablets in the evening with meals.	